Running late, but still want to eat right? UDS Satellite Dining can help!

**Low Fat Options**
Try our Ham & Cheese on a Kaiser Roll (weighing in at 292 calories and 7.5 grams of fat); Fruit & Yogurt Cup (with 375 calories and only 3 grams of fat); or Cottage Cheese & Fruit Salad (with just 112 calories and 4 grams of fat).

**Sizing Up Salads**
Our satellite dining locations have salads that are just your size! Salads now come in two sizes—the familiar large salad and a new regular size for times when less will do. Look for several low-fat salads with salad dressing packets available on the side. Check out our Jerk Chicken Salad (Large—205 calories and 7.2 grams of fat; or Regular—116 calories and 4 grams of fat) or our Chicken Caesar (Large—277 calories and 13 grams of fat; or Regular—168 calories and 8 grams of fat)*.

**Questions?**
Want to know more about the nutritional value of items served by UDS? Contact the University Dietitian, Kate Cerulli at 410-548-9112 or visit our Web site at: www.salisbury.edu/dining.

*Nutrition information for these items does not include salad dressing.