The items listed in the Vegan Friendly Guide do not contain animal products, and it is the intent of Dining Services to assure all preparation steps prevent cross contact with animal containing products. However, as Dining Services prepares and serves many products with animal based ingredients, it is recommended that any concerns or questions about vegan items be addressed with the dining unit manager.

Please visit our website to view a copy of this guide:
wmich.edu/dining/nutrition
**Vegan Foods**

**Breakfast**
- Breakfast Nut Bar
- Cereal, General Mills® Cinnamon Toast Crunch
- Cereal, General Mills® Cocoa Puffs
- Cereal, General Mills® Granola
- Cereal, General Mills® Lucky Charms
- Cereal, General Mills® Reese's Puffs
- Cereal, General Mills® Rice Chex
- Cereal, General Mills® Trix
- Cereal, Kashi® Go Lean Crunch
- Cereal, Kellogg’s® Apple Jacks
- Cereal, Kellogg’s® Cap’N Crunch
- Cereal, Kellogg’s® Frosted Flakes
- Cereal, Kellogg’s® Rice Krispies
- Fries, American
- Hash Brown
- Potato Triangle
- Potato, Breakfast Red Skin
- Oatmeal, Maple Apple
- Oatmeal, Quaker®

**Lunch/Dinner Entrees**
- Bean and Rice Enchilada
- Black Beans and Rice
- Burger, Veggie Ope’s®
- Burger, Black Bean Veggie Ope’s®
- Chickpea Ratatouille
- Jambalaya, Cajun Quinoa
- Jambalaya, Vegetarian
- Moroccan Style Vegetables w/Couscous
- Salad, Fattoush
- Salad, Walnut Pear
- Soup, Homemade Black Bean
- Soup, Homemade Lentil
- Soup, Homemade Spicy Vegetable
- Soup, Homemade Vegetable Barley
- Soup, Homemade Vegetarian Tortilla
- Soup, Minestrone
- Stir-Fry, General Tso Vegetable
- Stir-Fry, Vegetable w/Tofu
- Thai Curry w/Tofu
- Tuscan Rice and Beans
- Vegan Burrito
- Vegan Pico Wrap
- Vegetable Fajita
- Vegetable Hummus Wrap
- Vegetable Lo Mein
- Vegetable Plate w/Baby Carrots
  (no Hollandaise Sauce)

**Sides/Starch**
- Vegetable Plate w/Broccoli
  (no Hollandaise Sauce)
- Vegetable Plate w/Cauliflower
  (no Hollandaise Sauce)
- Beans, Baked
- Beans, Refried
- Fries, Black Pepper
- Fries, Crinkle
- Fries, Crisscut
- Fries, Curly
- Fries, House (Bistro3)
- Fries, French
- Fries, Natural Cut
- Pasta (except egg noodles)
- Potato, Lemon Red Skin
- Rice, Brown
- Rice, Cilantro Basmati
- Rice, Hawaiian
- Rice, Pilaf
- Rice, White
- Rice, Wild
- Sauerkraut
- Vegetable Blends (all)

- This list may be incomplete as menu items may change periodically. To be absolutely sure, always ask a Dining Services manager or employee to see ingredient labels.

*Updated August 2014*

*Reviewed and Approved*

Kelsey Patterson, R.D.
Manager of Nutrition Services
WMU Dining Services
Breads
Bread, 12 Whole Grain
Bread, Wheat
Bread, White
Bun, Hamburger
Bun, Hot Dog
Bun, Kaiser
English Muffin
Rolls, Potato
Rolls, White Dinner
Tortilla Shell 6”
Tortilla Wrap, Plain
Tortilla Wrap, Tomato Basil
Tortilla Wrap, Wheat

Dessert
Chocolate Syrup Topping
Cookies, Ope’s®
  (cranberry chip and chocolate chip)
Ice Cream Cake Cones
Maraschino Cherries (halves)
Nut Topping
Pecans
Strawberry Topping
Whipped Topping

Salad Bar/Dressings
Balsamic Vinegar
Chow Mein Noodles
Dressing, Balsamic Vinaigrette
Dressing, Fat-Free
  Pomegranate/Blueberry
Dressing, Fattoush
Dressing, Fuji Apple Vinaigrette
Dressing, Italian
Dressing, Oil and Vinegar
Dressing, Oriental Sesame
Olive Oil
Tofu
Vegetables (all)

Condiments
Grape Jelly
Guacamole
Ketchup
Mustard
Peanut Butter, Jif® Creamy
Pancake Syrup
Salsa
Sauce, A1®
Sauce, Barbecue
Sauce, Buffalo Wing
Sauce, Cocktail
Sauce, General Tso
Sauce, Marinara
Sauce, Soy
Sauce, Sweet and Sour
Sauce, Sweet and Spicy Plum
Sauce, Sweet Chili
Sauce, Tabasco
Sauce, Teriyaki
Sauce, Worcestershire
Strawberry Preserves

Beverages
Coffee
Pepsi® Beverages
Juice, Apple
Juice, Grape
Juice, Orange
Juice, Orange Strawberry Banana
Soy Milk, Chocolate
Soy Milk, Chocolate Silk®
Soy Milk, Original
Soy Milk, Very Vanilla Silk®
Tea

Snacks
Chips, Potato
Chips, Tortilla
 Pretzels

Extreme Greens (Burnham)
Fruit (all)
Tofu
Vegetables (all)
*See Salad Bar/Dressings list for vegan dressings

Marketplace Grill
(Hoekje/Bigelow)
Burger, Veggie Ope’s®
Burger, Black Bean Veggie Ope’s®
*See Sides/Starch list for vegan French fries

Cilantro’s (Valley I)
Rice, Cilantro Lime Basmati
Roasted Vegetables
Salsa, Black Bean and Corn
Salsa, Mild
Salsa, Pico de Gallo
Tofu

Stir-fry Station (Valley II)
Tofu
Vegetables (all)
*See Condiment list for additional vegan sauces

Sub Shop/Deli Bar
(Valley III)
Hummus
Sauce, Sub
Vegetables (all)
*See Breads list

This list may be incomplete as menu items may change periodically. To be absolutely sure, always ask a Dining Services manager or employee to see ingredient labels.