

# Student Menu

## Alternative dining to spice up the lunch break

**Nichelle Gillette**  
Clackamas Print

Ever since grade school, when "mystery meat" was scoffed in the lunch room, cafeteria food has been the biggest complaint by students. Now that we are in college, school food is still picked apart with turned-up noses. We are no longer forced to eat all of our vegetables.

Surrounding Clackamas Community College is a plethora of meal options that should satisfy even the pickiest eater, without putting a foot in Chartwell's. Those who are not blessed with vehicular transportation are blessed instead with the opportunity to exercise

and explore the plentiful lunch options within walking distance.

Burgerville, on the left, down Molalla Avenue, has decent burgers for an agreeable price. The Classic Cheeseburger is \$2.99 and can be made a combo meal for an additional \$2.50. Another draw to this slightly superior fast-food joint is their delectable seasonal desserts, particularly the milkshakes.

However, although Burgerville is popular, quick and convenient, it cannot rival Mike's Drive-In.

Before delving into the delicious experience of Mike's scrumptious burgers and mouthwatering milkshakes, the prices must be acknowledged. A deluxe cheeseburger is marked at \$3.70, while a basket meal is \$6.59.

Although this is less than a dollar more than the equivalent item at Burgerville, add in the fact that Mike's Drive-In is located quite a jaunt farther down Molalla Avenue, and it seems inefficient. But in spite of all of Mike's qualms, the excellence cannot be denied.

To present another genre of choice, the sandwich industry thrives here in Oregon City. Quizno's is located the Haagen's parking lot off of Hwy 213, and Subway is down Molalla, on the left.

Quizno's is ubiquitously known to be the pricier choice. Their five-and-a-half-inch honey-cured ham sandwich is \$3.59, while Subway sports a six-inch ham sandwich at \$3.60.

However, when factoring in the five percent discount that students receive at Quizno's, Subway is no longer the thrifty way to go.

Haagen's, the grocery store located on the right of Highway 213, is a higher quality café alternative to Chartwell's.

The grilled Panini and custom

sandwiches are quite tasty with half sandwiches at \$3.99, and whole sandwiches at \$5.99.

Leaving the conventional sandwich and burger fields, Haagen's also offers Orient Express.

All of these options are within minutes of the college and present alternatives to Chartwell's, for all those who whine about the food placed conveniently in the center of the campus.

As for the oh-so-lacking coffee served in Chartwell's, please note the Starbucks in Haagen's, as well as the one next to the Fred Meyer's on Molalla Avenue. For those who seek divine espresso, do proceed down Molalla to the Dutch Bros.



Burgerville Tillamook Cheeseburger: 630 calories, 40 grams of fat, 1,080 milligrams of sodium



Mike's Drive-In was unable to provide any nutritional information.

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Subway six-inch ham sandwich: 290 calories, five grams of fat, 1280 milligrams of sodium

Quizno's Small Lite Turkey Sub: 334 calories, six grams of total fat, 1,909 milligrams of sodium

## For Veggielove delves into a growing meatless realm

**Nicholas Baker**  
Clackamas Print

College students who adhere to a vegetarian diet tend to starve because they couldn't cook themselves out of a cardboard box, or lack the time and/or motivation to do so.

Without further ado, here are some recommendations concerning how to get your veggie-lovin' to stop lusting for food.

Invest in a refrigerator. A refrigerator enables a person to prepare nutritious foods and eat them later. Microwave can be found in vari-

ous sanitary conditions in at least two places on campus.

Learn to present yourself poorly – yes, that's right, poorly. If you master that art, then on one of your next trips back to your parents' house to do your laundry, your mother will most likely come to the conclusion that due to lack of food intake, you are sick (or quite possibly, knowing some mothers, that you are dying). Therefore, she will once again cook your meals for you.

Stop spending money on alcohol – or at least, save a bit of it, and use the money you have in your wallet

that would normally be another pint of vodka for something else at one



Illustration by Megan Koler Clackamas Print

of the few fast food joints dotting the town.

If fast food is your only option, you don't really have many choices on or near to the campus.

Chartwell's offers a tofu-teriyaki sandwich at a fairly reasonable price, as well as a Garden Burger – but it is cooked alongside the meat patties, rendering it not fit for consumption by stricter vegetarians.

Veggie burgers can be found at Burger King for only \$2.49 and at Burgerville for a higher price, while McDonald's and Carl's Jr. both offer nothing except for small side-salads and french fries.

Taco Bell has two main options: the Cheesy Bean and Rice Burrito (\$0.99) and the Bean Burrito (\$0.89).

Sub-sandwiches topped with various vegetables are available at Chartwell's, and at Quizno's and Subway, which are both within walking distance. However, the prices are not cheap (\$4 and up), so the budgeting college student may want to visit these places infrequently.

For those who have time for a slightly longer commute for lunch, both Haagen's and Fred Meyer carry some vegetarian microwavable dishes in their organic sections, which are quite scrumptious.

## Health-conscious options for the nutritionally obsessed

**Jennifer Jenkins**  
Clackamas Print

Over the three terms I have attended classes here at Clackamas Community College, I have discovered how hazardous my food choices could be for my health.

Three years ago, I found out that I have diabetes. This gave me automatic membership in a club that no one wants to be a member of: the "Eat Right or Die Association." Thus began my quest for a way to eat like my doctor wants and still get to class on time.

For anyone else who spends

time on campus and has a health condition that requires extra dietary needs, I have some suggestions. Some may shock you.

### Chartwell's

Chartwell's offers pre-made and specialty orders.

Quick picks for those on the go include cottage cheese, hard-boiled eggs, yogurt, oatmeal, wraps (options change daily), garden salads and chef salads. They also offer fat-free Italian, oil & vinegar, balsamic vinaigrette and low-carb ranch dressings. Each varies in their fat and carb content. To be safe, check the label for nutritional information.

There are many ways to incorporate the made-to-order menu items in your order. All of Chartwell's sub-sandwiches can be made into a wrap. For a low-fat lunch, ask for no cheese or condiments, and for less carbs, ask for extra meat and cheese.

They even offer Mexican food that can be modified for your diet. The quesadillas can be made with no cheese, extra cheese, or extra chicken. The taco salad is served in a shell, but you don't have to eat it, right? You can also request chicken instead of beef.

Almost everything is under

\$5. If you still can't find anything to fit your diet, make suggestions to Chartwell's.

### Shari's Restaurant

To-go orders at Shari's can be called in ahead of time for pick-up. Being a full-service restaurant, they are capable of granting special requests with most menu items under \$8.

Their menu has a variety of items that can be made to fit low-carb and low-fat diets. All of their sandwiches can be ordered as a wrap for no charge, and fries substituted with a salad for \$0.99. In addition, all of their meat is available grilled, rather than fried. If you're looking for a really tasty low-carb treat, try one of their quiches. They have lots of protein and not many carbs.

Shari's even has no-sugar-added apple and Marion berry pies for dessert.

For additional information, contact Shari's Assistant Manager Joanie Foreman at 503-650-8837.

### Taco Bell

(Are you shocked yet?)

Taco Bell now offers a "Fresco" menu with all items containing 10 grams of fat or less. To order a "Fresco" item, request a regular menu item, but request "Fresco" style.

There are not nearly as many low carb options, but you can get them. I would suggest the Fiesta Taco Salad, and to not eat the tostada bowl, or stick to the items that are not made burrito-style or with lots of refried beans.

The best part is that everything on the menu is less than \$10.

### Toki Teriyaki

Toki Teriyaki is slightly more expensive, but incredibly healthy. To-go orders can be called in ahead of time at 503-650-6574.

Sushi and sashimi are very high in protein and low in fat. For the squeamish, not all sushi is raw. There are many choices like smoked salmon and baked yellowtail that will surprise your palate.

There is a wide range of choices of non-sushi items such as bento, udon and yakisoba. I suggest going into the restaurant on a slow day and perusing the menu. Japanese food has to be tried, not explained.

Toki Teriyaki is located at the Berry Hill Shopping Center, and the menu ranges from \$5 to \$10.

If you still can't find anything to eat between classes, you can do what I do – bring a Lunchable. They are usually on sale for less than \$3 and don't turn to yuck in your bag.

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