



Fall 2007 Dining News

NEW this Fall - Dining Dollars!!

Dining Dollars is a NEW program that allows students to purchase food and beverage items at eligible cash operations on campus using their UNC Card. Students who carry any Traditional Meal Plan will automatically receive \$50 worth of Dining Dollars each semester! Any student, with or without a meal plan, will be able to purchase Dining Dollars in increments of \$25.

Use Dining Dollars at our eligible locations, including both Starbucks® Coffee and

Taco Bell Express™ located in the University Center, the UC Food Court Express, and the Coffee Corners @ Kepner, Michener, and Turner!

Why use Dining Dollars?

Convenience: Students already carry UNC Cards, so there is no need to carry extra cash! Dining Dollars can be purchased throughout the semester, so you never have to run out!

Perk: Food and beverage purchases are sold with NO SALES TAX ADDED!

Value: There are no service charges or fees associated with this program!

Safety: If students lose their UNC Card, the Dining Dollars account can be

immediately deactivated by contacting the Dining Services Office.

Students can sign up for Dining Dollars at the Dining Services Office, on-line, at any of our dining rooms, or the UNC Card Office in the University Center. Dining Dollars are added to the student's account and applied to their University bill, just like meal plans.

For more information and complete terms and conditions, please visit www.unco.edu/dining.



Want to know what we're serving?

For daily menus, call the FoodLine at (970) 351-FOOD (3663)

For weekly menus, check out the Dining Services website at www.unco.edu/dining

Your Meal Plan

The traditional meal plan was designed for students living in residence halls on campus. The residence halls do not provide adequate facilities for cooking and storing meals. Having your meals prepared for you allows you to focus on your education rather than what (and how) to cook for dinner.

If you are living in a residence hall, you are automatically signed up for a meal plan!

Some benefits of carrying a meal plan:

- All you care to eat - unlimited seconds in Tobey-Kendel & Holmes
- Diverse culinary experience
- No dishes to wash or put away
- No valuable time spent shopping, cooking, or cleaning
- Charges go directly on your tuition bill (pay everything at one time!)
- No need to carry extra cash, just swipe your UNC Card in the dining rooms

Inside this issue:

Dining Dollars	1
Your Meal Plan	1
The Dash	2
When Can I Eat?	2
Where Can I Use My Meal Plan?	2
Taste of Home & Special Events	3
Our Cash Operations	3
Job Opportunities	4
Food Advisory Board	4

Upcoming Events:

- "Solid Blue & Gold" Welcome BBQ
- "Solid Blue & Gold" Family & Friends Weekend
- "Solid Blue & Gold" Homecoming Kick-Off Dinner
- "Solid Blue & Gold" Homecoming Weekend
- Taste of Home
- "Holidays in the Rockies" Winter Festival
- Study Breaks

The Dash - NEW for Fall 2007!

The Dash is a new line we are adding at Holmes Dining Hall this Fall! The purpose of The Dash is to accommodate those students with special dietary needs or food allergies as well as to give customers an area where they can consistently find healthy items that follow specific nutritional guidelines.

The Dash will be open for lunch and dinner Monday-Friday and brunch and dinner Saturday-Sunday, during our normal meal hours. Although currently available only at Holmes, The Dash may be coming to other locations soon!

The menu at the Dash will include:

- One entrée: soy, nut, peanut, lactose, and gluten free - entrée will be fish, poultry, or vegetarian (no red meat)
- One starch: whole grains at least 3 lunches and 3 dinners per week
- One vegetable: steamed, grilled, or roasted



The nutritional guidelines for the Dash will follow these standards:

- <30% of the total calories from fat
- <10% of the calories from saturated fat
- No trans-fats
- <800 mg of sodium per serving

If you have any questions or concerns regarding food allergies or other special dietary needs, please feel free to contact us! We have a Registered Dietician on staff who is available to answer questions you may have.

Did you know? We have an award-winning Executive Chef on staff who plans fresh and interesting menus to keep students, faculty, staff, and guests impressed!

Holmes Dining Hall



Where can I use my Meal Plan? ...AND our NEW Hot Take Out Program!

Students with meal plans are welcome to enjoy their meals at Holmes Dining Hall on West Campus, the University Center Food Court, or Tobey-Kendel Dining Room on Central Campus. Each dining location has a very distinct atmosphere! Choose to eat close to your classes, residence hall, or if you are short on time, grab a "sack lunch" from either Gourmet to Go location (Tobey-Kendel or Holmes). Traditional dining rooms are located in Tobey-Kendel and Holmes Halls, but students can eat in any dining room, regardless of where they live.

IN A RUSH? In addition to Gourmet to Go, this Fall we will be implementing a NEW "Hot Take Out" program called "Bear on the Run" at Holmes Dining Hall and Tobey-Kendel Dining Room. This will allow students to grab a to-go container and fill it with food instead of eating in the dining room. More information coming soon!

IMPORTANT ALLERGY DISCLAIMER: UNC Dining Services serves and uses the following products in meal preparation: milk, eggs, peanuts, tree nuts, fish, shellfish, wheat and products containing gluten and soy.

When can I eat? Hours of Operation

Our hours have changed for Fall 2007 to better accommodate our customers!

Tobey-Kendel Dining Room (Located on Central Campus)

Breakfast: Mon-Fri, 7:30 a.m. - 9:30 a.m.
Lunch: Mon-Fri, 11:00 a.m. - 1:30 p.m.
Brunch: Sat-Sun, 11:00 a.m. - 1:30 p.m.
Dinner: Sun-Thu, 5:00 p.m. - 7:30 p.m.
Dinner: Fri-Sat, 5:00 p.m. - 6:30 p.m.

Holmes Dining Hall (Located on West Campus)

Breakfast: Mon-Fri, 7:30 a.m. - 9:30 a.m.
Lunch: Mon-Fri, 11:00 a.m. - 1:30 p.m.
Brunch: Sat-Sun, 11:00 a.m. - 1:30 p.m.
Dinner: Sun-Thu, 4:30 p.m. - 7:00 p.m.
Dinner: Fri-Sat, 5:00 p.m. - 6:30 p.m.

University Center Food Court

Lunch: Mon-Fri, 11:00 a.m. - 1:30 p.m.

Gourmet To Go (West and Central Campus)

Breakfast: Mon-Fri, 7:00 a.m. - 9:30 a.m.
Lunch: Mon-Fri, 10:30 a.m. - 2:00 p.m.
Dinner: Mon-Thu, 4:00 p.m. - 7:30 p.m.
Dinner: Fri, 4:00 p.m. - 6:30 p.m.



Tobey-Kendel Dining Room

Taste of Home We need your help!

Dining Services would like to share your family secrets!! We feature a special "Taste of Home" event each Fall semester.



By sharing your student's favorite recipe, you help provide that special touch of home. These favorite recipes will be prepared and served in the dining rooms during the month of November. Send recipes in any category (main dish, side dish, soup, salad, dessert). Students will have the opportunity to taste-test each dish. The most popular dishes will be incorporated into our UNC menus for next year.

There are several ways to send us your recipes! Visit us on-line at www.unco.edu/dining and look on the Special Events page for a Taste of Home recipe entry form. Submit it by mail, send us an email, or fax it in! If your recipe is featured, you and your student will be notified.

Mail: UNC Dining Services,
501 20th Street, Campus Box 47
Greeley, CO 80639
Email: diningservices@unco.edu
Fax: (970) 351-2754



****Deadline for the 2007 Taste of Home Recipe Submission: October 5th**

Our Cash Operations

- **Starbucks® Coffee @ the UC:** Join us for a quick cup of coffee, latte, sandwich, or salad at the UC Starbucks®.
- ****NEW ** Coffee Corner @ Turner!** We are very excited to announce our newest cash operation located in Turner Hall! We will be serving coffee, mini donuts, nachos and more!
- **Coffee Corner @ Kepner** is located in the lower level of Kepner Hall, by the vending alcove. Stop by for an espresso drink, or a sandwich and a bowl of soup.
- **Coffee Corner @ Michener** is located in the front entryway of Michener Library. Join us for a quick cup of coffee or try one of our new sandwiches or salads.
- **Taco Bell Express™:** Serving your favorite Taco Bell menu items right at the University Center.
- **UC Food Court Express:** Stop by for sandwiches, pizza, Asian bowls, and more!
- **Campus Vending:** On campus vending provides students, faculty, staff, and visitors the ability to purchase snacks, drinks, and other items at convenient locations throughout campus.



Upcoming Fall 2007 Events

Fall Opening Weekend

Thursday-Sunday, August 23-26, 2007
Complimentary refreshments are provided for students and their families at Tobey-Kendel Dining Room & Holmes Dining Hall on Thursday. Meal plans become active at dinner on Thursday. For guests, meals all weekend are the special cash price of \$7.00 (tax included).

"Solid Blue & Gold" Welcome BBQ

Friday, August 24, 2007 4:30-6:30 at Garden Theater (all dining rooms are closed at dinner due to BBQ) Students can use their meal plans; guests can pay the special cash price of \$7.00 (tax included).

"Solid Blue & Gold" Friends & Family Weekend

Saturday-Sunday, September 8-9, 2007
Friends and family are welcome to join us all weekend for the special cash price of \$7.00 (tax included).

"Solid Blue & Gold" Homecoming

Kick-Off Dinner

Wednesday, October 10, 2007
Join us for a dinner of prime rib and other special menu items!

"Solid Blue & Gold" Homecoming

Saturday, October 13, 2007
Special brunch at Tobey-Kendel & Holmes!

Taste of Home

November 7, 14, and 28, 2007
Tobey-Kendel, Holmes & the UC Food Court

Winter Festival (Holiday Dinner)

Wednesday, December 5, 2007
We will feature a fabulous menu of Colorado cuisine created by our Executive Chef Aran Essig.

Study Breaks

Monday-Thursday, December 10-13, 2007
Join us for snacks & a break from studying from 9-10pm!

Berries on Snow

A favorite from our [Fall 2006 Taste of Home Event](#)
From the Kitchen of Denise McClintock

2 cups graham cracker crumbs
1/2 cup butter or margarine, softened
3 Tbsp powdered sugar
1 (2.5 oz) package whipped topping mix
1 cup sugar

1 cup cold milk
1 tsp vanilla extract
11 oz cream cheese, softened
1 (21 oz) can cherry pie filling

Combine graham cracker crumbs, butter and powdered sugar; mix well. Press into bottom and 1/2 inch up sides of a 9"x13" baking dish. Bake at 350° for 5 minutes. Cool. Combine whipped topping mix, sugar and vanilla in a large mixing bowl. Beat until soft peaks form (about 3-5 minutes). Gradually add cream cheese, beating until smooth and well blended. Spread over crust; chill 30 minutes. Spread pie filling evenly over cream cheese layer and chill several hours or overnight. Store in refrigerator. Serves 15.

Dining Services @ UNC

Dining Services, 237
501 20th Street
Campus Box 47
Greeley, CO 80639

Phone: 970-351-2652
Fax: 970-351-2754
E-mail us at:
dining@unco.edu

► "We Feed the Bears!"

Visit us on the web!
www.unco.edu/dining



What does Dining Services do for the Environment?

Here in Dining Services, we strive to take better care of our Environment!!

Both Gourmet To Go locations currently use Oxo-Biodegradable™ Bags. "By offering this bag UNC Dining Services is helping to lessen the impact of waste for a healthier environment. The plastic used in this bag will convert to water, carbon dioxide and biomass in the presence of soil, moisture and oxygen. Like a fallen leaf, it will disappear over time."

The University Center Food Court is in the process of switching from Styrofoam to biodegradable products.

Dining Services participates in UNC's recycling program: We recycle cardboard from the dining rooms and paper from the offices, as well as turn off lights between meals to conserve energy.

We have a company who picks up our used fryer oils and recycles it. Currently it's used with feed for livestock, but very soon it will be recycled for biodiesel fuels! Not only do "We Feed The Bears!" but we also feed the BATS! Leftover and over-ripe fruits from Holmes Dining Hall are donated to the research bats in Ross Hall.

The napkins at Starbucks® and Taco Bell™ are made from recycled products.

Job Opportunities

Dining Services is the largest single employer of students here on the UNC campus. What Can Dining Services Offer You??

- **Great Pay:** Entry level positions start at \$7.05/hour. Promotional possibilities are always available to those who work hard and are up for the challenge.
- **Flexible Hours:** Work an average of 15 hours per week. Hours are built around your class schedule. Time off during University vacation periods.
- **Convenient Locations:** All Dining Services locations are within walking distance of your residence hall.
- **New Friendships:** Many of our employees say meeting new people and making new friends is the best part of their job.
- **Promotion Possibilities:** Work your way up to Student Supervisor and earn more money and responsibility.
- **Great Resume Builder:** Gain the valuable "people skills" companies looks for! Begin valuable, hands-on training for a rewarding career in Hotel, Catering, or Food Service Management.

Need an Application?

Download one now at www.unco.edu/dining or e-mail us at dining@unco.edu.

Food Advisory Board

Students, do you have ideas about menu items you would like to see? Do you want to find out early about upcoming events and changes? You can join the Food Advisory Board!

The Food Advisory Board meets every other week throughout the year with Holly Wainscott, R.D., our Assistant Director of Board Operations. The purpose of the

Food Advisory Board is for the Dining Services management staff to understand what our customers want and how we can better serve you!

If you are interested in joining, please contact the Dining Services Office at (970) 351-2652 or email us at dining@unco.edu.

We Feed the Bears!

