



Spring 2008 Dining News

UNC Students LOVE Dining Dollars!!

Dining Dollars is a GREAT 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 automatically receive \$50 worth of Dining Dollars each semester! Any student, with or without a meal plan, can 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 University Center Food Court Express, and all 3 Coffee Corners located in Michener Library and in both Kepner and Turner Halls!

Why use Dining Dollars?

They're SO Convenient!

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

What a Perk!

Food and beverage purchases are sold with NO SALES TAX ADDED because they're part of a meal plan!

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

They're Safe! 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 www.unco.edu/dining, in any dining room, or the UNC Card Office in the University Center. Dining Dollars are added to the student's account and applied to their University bill.

NEW March 2008: Parents can purchase Dining Dollars for their student! Call the Dining Services Office at (970) 351-2652 or sign up on-line at 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 is designed for students living on campus because residence halls do not provide adequate facilities for cooking and storing meals. Having meals prepared for you allows you to focus on education rather than what (and how) to cook for dinner. Students living in residence halls are automatically assigned the 19 Meal Plan! Students with meal plans have higher GPAs than those who don't! *See pg2 for more information about where to use meal plans and hours!*

What are some benefits of carrying a meal plan while here at UNC?

- No dishes to wash or put away
- No valuable time spent shopping, cooking, or cleaning
- Diverse culinary experience
- "All You Care To Eat" ~ unlimited seconds in Tobey-Kendel & Holmes
- Charges go directly on the student's 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:

- Opening Weekend Meals/Hours
- Martin Luther King Jr. Day Hours
- "Claim Your Space" Kick-Off Dinner
- Ash Wednesday
- Happy Valentine's Day!
- National Nutrition Month
- Daylight Saving Time
- Spring Break
- Customer Appreciation Week
- Study Breaks

The Dash - Our Newest Healthy Line

The Dash is a new (and very popular) line at both Holmes Dining Hall and Tobey-Kendel Dining Room.

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 is available at lunch and dinner Monday through Friday and brunch and dinner Saturday through Sunday during our normal meal hours.

The menu at the Dash includes:

- 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



Tobey-Kendel Dining Room

Watching what you eat?



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!

Where can I use my Meal Plan? ... and our NEW "Bear on the Run" 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, so we encourage students to visit them all! 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 but still want to enjoy the food that is being served in the dining room? In addition to Gourmet to Go, we implemented a NEW "Hot Take Out" program this Fall called "Bear on the Run" at Holmes Dining Hall and Tobey-Kendel Dining Room. This new program allows students to grab a bio-degradable "to-go" container and fill it with food instead of eating in the dining room. We've gotten a lot of feedback... students love it!

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 changed this year 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)

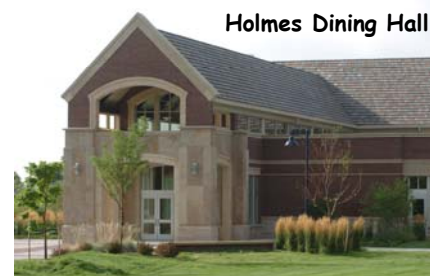
Breakfast: Mon-Fri, 7:30 a.m. - 9:30 a.m.
Lunch: Mon-Fri, 11:00 a.m. - 1:30 p.m.
Brunch: Sat-Sun, 11:00 a.m. - 1:30 p.m.
Dinner: Sun-Thu, 4:30 p.m. - 7:00 p.m.
Dinner: Fri-Sat, 5:00 p.m. - 6:30 p.m.

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.



Holmes Dining Hall

Taste of Home Thanks for your help!

Dining Services loves hearing from students and parents! We also like it when you share your family secrets with us!



We feature a special "Taste of Home" event every Fall in November. By sharing your student's favorite recipe, you help provide that special touch of home. The Fall 2007 recipes were prepared and served in the dining rooms where students had the opportunity to taste and vote for each dish. The most popular dishes are being selected and will be incorporated into our UNC menus. NEW: Near the end of February, we will begin to feature a Taste of Home recipe each Wednesday at both Tobey-Kendel and Holmes.

If you would like to participate next Fall, visit us on-line at www.unco.edu/dining and look for the 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.

Mailing information is located on the back page of this newsletter!



****Deadline for the 2008 Taste of Home Recipe Submission: October 3rd**

Our Cash Operations

- **Starbucks® Coffee @ the UC:** Join us for a quick cup of coffee, latte, sandwich, or salad at the University Center Starbucks® location.
- ****NEW ** Coffee Corner @ Turner!** Our newest Coffee Corner has been a BIG HIT!! Both students and faculty enjoy the coffee, mini donuts, breakfast burritos, 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. Need a cup of coffee while you're studying? Try one of our new sandwiches, salads, or fruit cups!
- **Taco Bell Express™ @ the UC:** 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 Spring 2008 Events

Spring Opening Meals

Saturday, January 12, 2008

Spring meals begin Saturday, January 12th.

Martin Luther King Jr. Day

Monday, January 21, 2008

Both Tobey-Kendel Dining Room and Holmes Dining Hall are both open for brunch and dinner (instead of breakfast, lunch, and dinner) today! The UC Food Court and all Gourmet to Go locations are closed for the MLK Day. Normal hours resume on Tuesday!

"Claim Your Space" Dinner

Wednesday, February 6, 2008

Join us for a carnival at Tobey-Kendel Dining Room and Holmes Dining Hall, 4:30pm-7:00pm! 2/6 is also **Ash Wednesday!** Look for fish on the menu Fridays until Easter!

Valentine's Day

Thursday, February 14, 2008

Look for special desserts in the dining rooms! Happy Valentine's Day!

March is National Nutrition Month

"Nutrition: It's a Matter of Fact!"

Daylight Saving Time Begins

Sunday, March 9, 2008 @ 2am

Don't forget to "spring forward" and set your clocks ahead one hour Saturday before bed!

Spring Break

March 17-21, 2008

The last meal served before Spring Break will be Lunch on Friday, March 14th. We will re-open for normal business hours on Monday, March 24th. Happy Easter!

Customer Appreciation Week

Monday-Friday, April 21-25, 2007

Special treats all week in the dining rooms just to say thanks for being so great!

Study Breaks

Monday-Thursday, May 4-8, 2008

Join us for snacks & a break from studying from 9-10pm!

Caramel Soaked French Toast

A favorite from our [Fall 2007 Taste of Home Event](#)

From the Kitchen of April McFall, serves 10

1-1/2 cups firmly packed brown sugar
1/4 cup & 2 Tbsp light corn syrup
4 eggs, beaten
1 Tbsp vanilla
3 Tbsp sugar

3/4 cup butter
10 slices French bread (1-3/4" thick)
2-1/2 cups half & half
1/4 tsp salt
1-1/2 tsp ground cinnamon

Combine brown sugar, butter, and corn syrup in a saucepan and cook over medium heat. Stir constantly for 5 minutes or until mixture is bubbly. Pour evenly into a lightly greased 9"x13" baking dish. Arrange bread slices over the syrup mixture. Combine eggs, half & half, vanilla, and salt; stir well. Gradually pour mixture over bread slices. Cover and chill at least 8 hours or overnight. Combine sugar and cinnamon and sprinkle evenly over soaked bread. Bake uncovered at 350° for 45-50 minutes or until golden brown and bubbly. Serve immediately.

Dining Services @ UNC

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► "We Feed the Bears!"

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



What does Dining Services do for the Environment?



Dining Services strives 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."

"Bear On The Run" now uses both biodegradable to-go containers AND cups!

The UC Food Court has switched 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. We also turn off lights between meals to conserve energy.

We have a company who picks up our used fryer oil 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! Holmes Dining Hall donates leftover and over-ripe fruits 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. Students have time off during University vacation periods.
- **Convenient Locations:** All Dining Services locations are within walking distance of the residence halls here at UNC.
- **New Friendships:** Many of our employees (both student and full-time) 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 look 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 Associate Director of Dining Services. 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!"

