Track Your Exercise and Calories with MyFitnessPal & Healthy for Life™

Counting calories and tracking your exercise and activity level is a great way to help you make health-conscious choices. With Healthy for Life™ and MyFitnessPal, counting calories and tracking your physical activity is easy. Get started by downloading MyFitnessPal on your smartphone or tablet, become a member, search for “ARAMARK On Campus”, then search for the location to find your menu item!

Bistro ‘34 Reservations are Available!

RSVP to the premiere dining experience at the North Dining Hall’s Bistro ‘34. The menu reflects a contemporary American palate highlighting regional cuisine evolving seasonally with a sample of signature international dishes. Have Old Gold on your meal plan? Use Old Gold to get 50% off your entrée salad, gourmet sandwich, or main course! Bistro ‘34 is open weekdays from 11am to 2pm and from 5pm to 10pm. Make your reservations by calling 336.758.7825.

Celebrate Wake Forest’s Birthday at the Fresh Food Company 02.04.14

The Wake Forest Birthday Bash is on! Enjoy a festive cupcake from the Fresh Food Company as we celebrate the week Wake Forest University accepted its first student!

Nutritional Information & Menus are Always Available!

Discover your balanced meal with nutritional information and menus always available for the Hilltop Market, the Fresh Food Company, and the Magnolia Room on the Wake Forest CampusDish homepage and on the CampusDish app available for both iPhone and Android!

Upcoming Events:

Watch the Broncos vs. the Seahawks Super Bowl at Zick’s on 02.02.14

Celebrate the Wake Forest Birthday Bash at the Fresh Food Company on 02.04.14

Enjoy a Valentine’s Day lunch at the Fresh Food Company on 02.14.14

Take part in Bread Bowl Day at the Fresh Food Company on 02.20.14

RSVP to the Mardi Gras Old Gold Dinner at the Magnolia Room on 02.27.14

Enjoy the local veggies of Farm to Fork at the Fresh Food Company on 02.28.14