MARCH DINING UPDATE

WIN a $150 E-Gift Card or One of Three $50 E-Gift Cards Through DiningStyles!

Each semester, we reach out to students, faculty and staff for their thoughts and suggestions to better understand campus lifestyles and dining preferences. Through our online survey, we gain valuable insight to improve the overall dining experience. Participants may also enter into a drawing to win a $150 e-gift card or one of three $50 e-gift cards. This online survey will take 5 to 10 minutes and your responses are confidential. Take the survey at www.college-survey.com/wfu/. Thank you!

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!

A New Breakfast Station: Try Breakfast Burritos at the Fresh Food Company!

Grill up your morning meal with the new Breakfast Burrito Grill. Visit the Fresh Food Company between 7am and 9:45am, Monday through Thursday, to try the new station alongside an omelet or a bagel!

Fresh Food Company to Feature MyPlate

The Center for Nutrition Policy and Promotion (CNPP) was established in 1994 to improve the nutrition and well-being of Americans. Their MyPlate initiative serves as a visual mealtime reminder to choose foods from five food groups: vegetables, fruits, whole grains, lean proteins and calcium-rich dairy products. To emphasize these building blocks, the Fresh Food Co. has featured dinner selections throughout the month of March to coincide with National Nutrition Month. Additional information is available at choosemyplate.gov.

Upcoming Events:

03.04.14 - Mardi Gras Dinner at the FFCo.
03.06.14 - Uber Smoothies at the FFCo. Lunch
03.06.14 - Beach Theme Mag Room Old Gold Dinner
03.17.14 - St. Patrick’s Day at the FFCo. Lunch
03.19.14 - Trail Mix at the FFCo. Lunch
03.20.14 - Irish Theme Mag Room Old Gold Dinner
03.26.14 - Caribbean Theme at the FFCo. Lunch
03.27.14 - Carnival Day at the FFCo. Dinner
03.27.14 - Around the World Mag Room Old Gold Dinner