

Campus Dish

Campus Dining Newsletter

What's on campus?

Campus dining has worked all summer to provide students with a better dining experience and more options campus wide!

Simply To Go:

Across Campus you will find Simply to Go items in our retail locations. These areas have simply prepared, flavorful snacks, sandwiches, and salads for those who are on the run and don't have time to wait on line.



Mindful:



Along with fresh, new menus campus dining is including more Mindful Menu items... healthier choices! Mindful menu options follow specific nutrition criteria that include more vegetables, fruits, whole grains, lean protein, fiber, and healthy fats. While limiting excess calories, sodium, trans, and saturated fat.

Look for these helpful Mindful logos to help you identify healthier choices!



Mindful



Vegetarian



Local



Vegan

Bite App:

Are you someone who likes to plan ahead or look at what is being served before heading into a dining hall? Check out the "Bite by Sodexo" app!



This app is your one stop shop for menus, nutrition, and allergen information. Within the app you are able to filter for healthy Mindful, Vegan, or Vegetarian meals. For those with food allergies, you can filter out dishes that contain your allergen.

Simple Servings:



For those with special dietary needs we have several stations that can help you stay healthy on campus. Simple Servings, located in Commons and Sadler dining halls offer meals cooked without the big 8 allergens (peanuts, tree nuts, wheat, soy, eggs, dairy, shellfish, or gluten.) This station does offer fin fish as a protein option on occasion.

MyZone:

This gluten, peanut, and tree nut free station offers breads, cereals, and desserts to students with food allergies. There is also individually wrapped condiments and a gluten free toasted located here! Myzone can be found in Sadler dining hall, and is coming soon to Common dining hall.



Connect with Campus Dining:

Instagram: WMDining

Look for Stephanie, our campus dietitian, throughout the semester for nutrition events and tips for eating mindfully on campus!

