

Retail Dining Operations

Expressway Carts: Quick service of coffees, sodas, sandwiches, snacks, soup, and more.

Jarvis Hall Tech. Wing and Harvey Hall:	Monday-Thursday	7:30 a.m. - 3:00 p.m.
	Friday	7:30 a.m. - 2:00 p.m.
University Library:	Monday-Thursday	9:30 a.m. - 5:00 p.m.

HC2 Jarvis Express: Located in the large ground floor lounge of Jarvis Hall, this location offers grab and go service with the best of our Expressway Carts and the Heritage Café menu. Snacks, quick lunch, and beverages await you.

	Monday-Thursday	7:30 a.m. - 4:00 p.m.
	Friday	7:30 a.m. - 2:00 p.m.

Northern Express & North Point PM: Offering in between meal and late night snacks plus popular grocery items for north campus residents.

	Daily Northern Express Hours	Daily PM Hours
Sunday	10 a.m. - 12:00 a.m.	7:30 p.m. - 12:00 a.m.
Monday-Thursday	7 a.m. - 12:00 a.m.	8 p.m. - 12:00 a.m.
Friday	7 a.m. - 10:00 p.m.	
Saturday	10 a.m. - 10:00 p.m.	

Commons Mini Mart: Located on first floor of the Commons offering all day grab and go foods as well as a limited grocery line.

Sunday	10 a.m. - 7:00 p.m.
Monday-Thursday	7 a.m. - 8:00 p.m.
Friday	7 a.m. - 7:00 p.m.
Saturday	10 a.m. - 7:00 p.m.

Week of February 5th

Two Hot Dogs

Week of February 12th

Any 4 oz. Muffin

Week of February 19th

Cheddarwurst

Week of February 26th

Nachos & Cheese



Fireside Café (Upper Level Offerings)

Gridiron Grill: Full breakfast menu and upscale sandwiches for lunch
Monday-Friday 7 a.m. - 3 p.m.

Poblano's: Mexican food your way - tacos, burritos, quesadillas
Monday-Friday 10:30 am. - 3 p.m.

Innovations: Dishes cooked to order with pasta and Asian cuisine
Monday-Friday 10:30 a.m. - 3 p.m.

Comfort Zone: All of the Midwestern and Stout favorite comfort foods
Monday-Friday 10:30 - 3 p.m.

Heritage Deli: Upscale sandwiches and salads - ready to go!
Monday-Friday 10:30 - 3 p.m.

Skylight Market (Lower Level Offerings)

Grab & Go: Convenience and ready-to-eat foods

Mo-Th 7 a.m. - Midnight | Fr 7 a.m. - 11:30 p.m. | Sa 10:30 a.m. - 11:30 p.m. | Su 12:00 p.m. - Midnight

Blue Devil Grill: All-American fast food menu items

Mo-Th 10 a.m. - Midnight | Fr 7 a.m. - 11:30 p.m. | Sa 10:30 a.m. - 11:30 p.m. | Su 12:00 p.m. - Midnight

Buns & Bowls: Subs and salads made to order

Mo-Th 10 a.m. - Midnight | Fr 7 a.m. - 11:30 p.m. | Sa 10:30 a.m. - 11:30 p.m. | Su 12:00 p.m. - Midnight

Fire & Stone Pizzeria: Brick Oven pizza by the slice

Mo-Th 10 a.m. - Midnight | Fr 7 a.m. - 11:30 p.m. | Sa 10:30 a.m. - 11:30 p.m. | Su 12:00 p.m. - Midnight

Brew Devils: Full line of Starbucks beverages, smoothies, and ice cream treats

Mo-Th 10 a.m. - Midnight | Fr 7 a.m. - 11:30 p.m. | Sa 10:30 a.m. - 11:30 p.m. | Su 12:00 p.m. - Midnight

HC2 Jarvis Express

Value Combos - Treat Yourself Right!

Purchase any sandwich or salad for \$3.00 and make it a combo for only an additional \$1.29

Each Combo includes:

- Fresh Homemade Potato Chips
- Delicious Bakery Bar

Remember the Heritage Cafe?

The Heritage Cafe from the "former" Memorial Student Center has been reinvented as the Heritage Deli in the "new" Student Center. Celebrate the opening and enjoy the most popular Heritage Classics at HC2 Jarvis Express made daily.

Three Selections offered each week from:

- Cranberry Turkey Sandwich
- Tuscan Chicken Sandwich
- BLT Sandwich
- Italian Club



North Point PM

Week of February 5th

Chicken Sandwich

Week of February 12th

Two Hot Dogs

Week of February 19th

Shakes, Any Flavor

Week of February 26th

Chicken Snack Wrap

Hey Block Plan Members!

Check out the Daily Specials in the Memorial Student Center at these stations:



Block Plan Deals

For only one meal at HC2 Jarvis Express!

- Super Sub Sandwich
- Homemade Potato Chips
- Pumpkin Bar

North Point PM Special of the Month

Warm up with a bowl of our homemade soup all month!

50 Cents off any bowl!

University Dining Services

February 2012

Blue Devil Cuisine

FEBRUARY EVENTS

Dining Service Advisory Committee Meeting

Monday, February 6th, 5:00 pm
Maplewood Room, MSC

Steak Night

Wednesday, February 8th
Commons & North Point Dinner

Pizza & Wing Dinner

Tuesday, February 21st
Commons & North Point
Rock n' Roll Theme

DINING SERVICE ADVISORY COMMITTEE

The Dining Service Advisory Committee will be meeting next on Monday, February 6th at 5 p.m. in the Maplewood Room of the Memorial Student Center. If you have any concerns, questions or issues you would like discussed at this meeting please contact a representative before the 6th. You can find all Advisory Committee members' email addresses listed on the UDS Web site under "About UDS", "General Information".

You are also welcome to share your concerns with UDS via the "Contact Us" feature of the Web site, or you can e-mail Ann Thies, Director of Dining at thiesa@uwstout.edu.

University Dining Services invites you to a

ROCK and ROLL

ALL-YOU-CAN-EAT PIZZA AND WING PARTY!



The party will be held Tuesday, February 21st from 4 p.m. to 7:30 p.m. at the Commons & North Point Dining. Decorations and music will reflect the era when Rock n' Roll made its mark on our world. The menu will provide the opportunity to eat your fill of both Pizzas and Buffalo Wings.

ROCK N' ROLL PIZZA & WING DINNER MENU

Pizza - Pepperoni, Sausage & Cheese
Buffalo Wings

Spicy Cross Trax Fries
Full Salad Bar

S'More Bars

Build-Your-Own Sundae Bar with Ice Cream & Candy Toppings
Root Beer On Tap!

Please note that continuous service between 2 p.m. and 4 p.m. will be modified to allow for set-up for this special event in each dining hall and we will close from 3:30 - 4 p.m. @ North Point and 3:00 - 4:00 @ Commons. Both the Commons Mini Mart and Northern Express will be open during this time.

Baseline \$2.40 | Flexline \$6.75 | Cash \$8.00 | Block Plan 1 meal.

BREAKFAST CEREAL SURVEY

During the week of February 13th students will be offered the opportunity to vote for their favorite cold breakfast cereals. The selections of cold cereals for the 2012-13 academic year will be based on the most popular varieties of cereals in each category listed on the survey and also that are available through our vendors. Watch for the table and this opportunity to help select next year's cereal selection.



UNIVERSITY DINING SERVICE
Learn more at www.uwstout.edu/dining

The Importance of Eating Breakfast

Are you a breakfast eater or a breakfast skipper? If you usually skip breakfast, what are your reasons? Do these sound familiar: “No time”, “not hungry in the morning”, “simply forget to take time to eat”, “it’s inconvenient”, or “trying to eat less for weight loss”? *Did you know that eating breakfast regularly has been shown to help with weight management?*

Sometimes people skip breakfast with the idea that this will help them control the amount they eat in a day. Actually, this tends to backfire and breakfast skippers usually make up for it by overeating later in the day. Several research studies have documented that people who eat breakfast have a healthier body weight. This has also been documented by the National Weight Control Registry (www.nwcr.ws) which follows over 5000 people who have lost a significant amount of weight and kept it off for a long period of time. In the registry, nearly 8 out of 10 (78%) adults who have sustained a weight loss of 30 pounds or more eat breakfast every day.

On the other hand, adult breakfast skippers are at greater risk for obesity and weight gain. Kids and teens that eat breakfast are less likely to be overweight, too. In the five year prospective Project Eat study, Eating Among Teens, teens who ate breakfast regularly were more likely to have a healthy BMI (body mass index) than teens who didn’t eat breakfast.

Certain breakfast foods may be beneficial for weight control, including foods like ready-to-eat cereal, hot cereal, and fat-free and low-fat milk products. These foods may provide a more satiety (a feeling of fullness) than some other combinations of foods. Breakfast composition and timing are being studied for their impact on satiety. Satiety at meals may play an important role in weight management; “stay tuned” - we may hear more on this front in the future.

Other reasons to eat breakfast include:

- Breakfast eaters get a higher intake of nutrient-rich foods such as fiber, calcium, vitamins A and C, riboflavin, zinc, and iron than breakfast skippers.
- Boosts brain power! You may have heard that kids who eat breakfast do better in school because of improved memory, alertness, concentration, problem-solving ability, and test scores. This works for college students too!
- Promotion of heart health. Breakfast eaters tend to get less fat and more fiber in their diets. The soluble fiber in oatmeal may help reduce cholesterol levels. Maintaining stronger bones.
- Maintaining stronger bones. Milk, the most commonly consumed breakfast food provides calcium, vitamin D and protein, all of which are essential for bone health.

Bored with typical breakfast foods? Try these!

- String cheese with whole grain crackers apple
- Whole grain English muffin with peanut butter and sliced banana
- Instant oatmeal topped with berries and walnuts
- Oatmeal Squares cereal with dried fruit and yogurt smoothie
- Breakfast wrap with whole wheat tortilla, turkey slices, cheese
- High fiber cereal or granola and blueberries with low-fat yogurt and sunflower seeds or sliced almonds for some crunch.
- Toasted whole grain waffle with peanut butter or fruit
- Whole grain bagel with apple slices and cheddar cheese
- Whole wheat toast with peanut butter and a glass of milk
- Hardboiled egg with whole wheat toast and fruit
- Granola bar and low-fat yogurt

Quick, Easy, and Delicious Breakfast

If you think you don’t have time for a proper breakfast, think again- you can whip up these great meals in just 60 seconds!

TROPICAL WAKE-UP SMOOTHIE

- ½ cup fruit like berries, pineapple, mango or banana
 - 1 cup nonfat yogurt (vanilla or tropical flavor)
 - ¼ cup orange juice
- Mix all ingredients together in a blender until smooth.

BANANA HEALTH SMOOTHIE

- 5 ice cubes
 - ¼ nonfat dried powdered milk
 - ½ cup orange juice
 - 1 tsp vanilla extract
 - Dash nutmeg
 - 1 fresh or frozen banana
- Blend all ingredients until smooth.

PEANUT BUTTER WRAP

- 1 whole wheat tortilla
 - 1 tablespoon peanut butter
 - 1 tablespoon applesauce
 - 1 tablespoon raisins
 - Dash of cinnamon
- Warm the tortilla in microwave about 15 seconds. Spread peanut butter evenly on tortilla. Add applesauce and raisins. Roll up.

Recipes from: Eating on the Run, 3rd Edition by Evelyn Tribole, MS, RD



MEMORIAL STUDENT CENTER 2012: NEW DINING OPTIONS

In the newly updated Memorial Student Center students will find some new and returning food offerings. The areas are completely renovated with a new look and new names. The following is a summary of what you will find on both the Upper and Lower levels.

Skylight Market

The Market will include a large grab and go area for ready to eat foods both hot and cold, a wide range of beverages, frozen treats, and individual grab and go pre-packaged foods. There will also be several fast food stations described below.

Fire & Stone Pizzeria

The Pizzeria will offer pizza by the slice baked fresh the traditional way in a brick Woodstone Oven. The oven will also become a focal point for customers inside and outside the market. There will be three standard pizza options daily to meet popular demand with a rotating specialty pizza offered. Sides will consist of garlic sticks and pizza fries. Specialty pizzas will include Chicken Artichoke Pizza, Margarita Pizza, Buffalo Chicken Pizza, Tai Chicken Pizza, Breakfast Pizza, and Meatza Pizza.

Buns & Bowls

Buns & Bowls will offer all sandwiches and salads built-to-order in front of customer. The menu will reflect a standard selection of offerings and feature rotating specialty sandwiches weekly. Any sandwich can be built as a salad. Buns with a variety of topping options will be baked in-house to guarantee freshness. Here is a menu sampling: *BLT, Club, Philly Roast Beef, Meatball, Tuna, Meatball & Pepperoni, Spicy Italian, Cold Cut Combo, Simply Ham, Veggie, Buffalo Chicken, Chicken Bacon, Sweet Chicken Teriyaki, Turkey & Cheese.*

Blue Devil Grill

The Blue Devil Grill will continue to offer all the specials seen at traditional foodservice outlets. We’ll bring back all your favorite sandwiches and a standard line of sandwiches and sides, with a focus on great food and fast service. Sampling of menu: *Chicken Tender Sandwich, Grilled Ham & Cheese, California Burger, Pawn Melt, Burgers – Jr & Double, Cheeseburgers Jr & Double, Bacon Burger, Popcorn Chicken, Appetizer Sampler, Cheese Curds, Fries – Seasoned and Unseasoned, Chicken Tenders, Onion Rings.*

Brew Devils

Brew Devils, a walk up counter station in the corridor, will offer the full Starbucks line of beverages. This includes signature brewed coffee, espressos, latte’s, cappuccinos, macchiatos, hot chocolate, and iced drinks. The menu will also offer fruit smoothies and frozen ice cream drinks. Select bakery items will be offered throughout the day. Come by for excellent all-day service- wake up, stay up! It’s the place to go for great coffee or your specialty drink.

WEEKLY SAMPLE BAR: WE WANT TO HEAR FROM YOU!

Every Tuesday at the Commons and North Point Dining Hall we offer samples of new recipes or products and ask for your feedback. Take a minute each Tuesday to try the sample of the week and tell us what you think. Your opinion counts!

- February 7th – White Chicken Chili
- February 14th – Marinated Tofu
- February 21st - No Sample (Pizza & Wings Dinner)
- February 28th - Cranberry Nut Biscotti

EATING OUT: THINK TWICE!

UW-Stout cafeterias continue to offer the “to go” option to customers as a convenience that compliments a busy lifestyle. Although UDS provides compostable and reusable containers for this service rather than foam, individuals should still consider “dining in”.

By dining in you will be more likely to eat a balanced diet with the ability to select a wider variety of healthy foods and beverages. You will also be able to return for seconds or dessert rather than forced to make all decisions at once. You will be given the opportunity to socialize with friends and possibly meet others building your network within the campus community.

UDS does support “dining in” for all the right reasons although we recognize the occasional need with today’s busy schedules – to dine outside the cafeteria also.

Here is a summary of what percentage of diners have taken their meals “to go” from first day of service in September 2011 through the last day of cafeteria service in December.

“Go Green” by dining in or opting for reusable take out containers.



COMMONS	NORTH POINT
17,563 To Go meals	11,867 To Go meals
8.2% of all meals served were To Go	14.1% of all meals served were To Go
2.1% of all To Go meals in reusable containers	5.5% of all To Go meals in reusable containers

REGISTERED DIETITIAN AVAILABLE FOR YOUR NUTRITION QUESTIONS

Lisa Eierman, R.D. is employed by University Dining Services to answer your nutrition questions or address dietary concerns. Lisa can be contacted by phone (232-3599) or email (eiermanm@uwstout.edu). Her office is located in Room 160 of Merle Price Commons. Lisa is on campus on Mondays and Wednesdays.