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Fall Specials

October

- Oct. 5: Oktoberfest
- Oct. 14: Road Trip USA
- Oct. 22: Steak and Shrimp Night
- Oct. 31: Halloween Bash

November

- Nov. 4: Flamin' Fajitas and Salsa Night
- Nov. 12: Fundo Night
- Nov. 17: Steak and Shrimp Night
- Nov. 24: Thanksgiving Feast

Make your mom proud!

Remember when dining at Whitney Center to clear your table by returning your dishes and throwing away your trash.

Meal options for students with flu-like symptoms

If on-campus students have flu-like symptoms they can request a meal by:

1. Have a friend pick up the sick tray request form for students with flu-like symptoms (gold form) at the front desk of the residence hall; or download it [here](#).
2. The student should complete the form. A friend should bring the form to Whitney Center to pick up the meal. Pick up is only available when Whitney Center is open.

New Food Items and Dining Options

Returning students may have noticed some changes to the Dining Services menus. Here are a few of the new changes to try out:

Yan Can Cook: Chinese



A new concept at Cartwright Center, Yan Can Cook, features recipes from award winning [Chinese Chef Martin Yan](#). For more than 30 years, Yan has been hosting television cooking shows, including Yan Can Cook, Martin Yan – Quick & Easy and Martin Yan's Chinatown. He's also appeared as a guest judge on several episodes of the Food Network's Iron Chef America.

Try out the Chinese dishes every day in Cartwright Center. Transfer hours are 1:30-8 p.m. Transfer meals include a choice of entrée, choice of rice or noodles and a beverage.

Char's: Mediterranean

New for the fall semester, Char's in the Whitney Center will feature Mediterranean cuisine. Transfer meals can be used during all hours of operation, Monday through Thursday, 11 a.m. – 7 p.m., and Sunday, 4:30-6:30 p.m.

Sub Generation: Toasted Subs

The newly remodeled Sub Generation shop in the Badger Street Station in Whitney Center now offers toasted subs. Transfer meals can be used during all hours of operation, Sunday through Wednesday, 11 a.m. -10 p.m., and Thursday through Saturday, 11 a.m.-9:30 p.m.

Sunday Continental Breakfast



Whitney Center now offers continental breakfast on Sunday mornings, 9-10:30 a.m. This addition was made as a result of student requests through the UW-L Dining Service Committee.

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UW-L Dining Services Faces: Craig Key



Meet Craig Key, director of operations, Chartwells, the dining services provider for UW-La Crosse. He oversees Whitney Center and assists the Resident District Manager.

Key has 18 years of experience at UW-L and has an associate marketing degree. He also is certified as a Food Service Management Professional and in Safe Food Handling, as well as many hours of training in all aspects of the business.

How do Chartwells and UW-L work together to provide food service to students, faculty and staff? Chartwells works hand in hand with Student Activities and Centers to provide for the needs of all campus members. We communicate daily back and forth to get the pulse of what

is needed on campus. We often use Student Activities and Centers as a tasting team for new ideas and recipes.

Meal options include a pre-set menu based on medical advice for foods best tolerated when ill with flu-like symptoms. The emphasis will be on keeping hydrated. After the nausea has passed, a box lunch will be provided. Students with special dietary needs can contact Amy Gundersen at 785-6480.

For more details on meal options for students with flu-like symptoms, go to www.uwlax.edu/sdas/h1n1.

Meal plan questions

TowerOne Card Office
233 Cartwright Center
608-785-8891

Favorite dining services changes for this year: I am very excited about all the new updated looks in Whitney Center. The remodeled Badger Street Station turn out beautiful and I really like the new sub oven. I think the Mediterranean menu items in Chars are fantastic. If you have not tried them it is a must. I like the changes in the traditional dining room also. I like the open feeling you get from the new look. But I am more excited about the versatility we have to make more changes during the year. We went to an eight-week menu cycle so that we will be able to change things with the seasons.

How is Chartwells continually working to meet students' needs and requests? We take surveys, meet with the food committee, talking to students one on one, communicating with student government, and meeting with Student Activities and Centers.

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Expand Your Leadership Skills with the Dining Services Committee

The Dining Services Committee is now seeking new student members. Students who are vegetarians or have off-campus meal blocks are also encouraged to participate.

The committee meets monthly (every three weeks) to help provide feedback on student dining experiences, sample new menu items or discuss other new ideas. The first meeting is Tuesday, Oct. 6, 5-6 p.m. at Chars in Whitney Center.

The committee also helps run Project: Clean Plate, a special effort to encourage students to reduce food waste at Whitney Center. It's also an opportunity for students to strengthen leadership and communication skills, as well as learn more about how the university functions.

To get involved or find out more information, contact Leslie Svacina, Dining Services graduate assistant, at 608-785-8902 or svacina.lesl@students.uwlax.edu.

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The Green Way To-Go: Eco-clamshells Will be Here Soon



Students, faculty and staff will soon have the option to participate in the new eco-clamshell program, which allows individuals to use reusable take-out containers at most dining locations on campus.

Starting later this week, the eco-friendly containers will be available to purchase with Dining Dollars or cash at cashier stations at most campus retail locations.

Clamshell options and one-time costs include:

- Large, three-compartment eco-clamshells: \$5 and can be used at The Galley, Trattoria, Yan Can Cook, The Cellar, Chars and Badger Street Station.
- Small clamshells: \$4 and can be used at the Whitney Center sack lunch line.

Here's how the program works:

- Purchase your eco-clamshell at a cashier station. Or, if you already have an eco-clamshell, turn in your dirty one for a clean clamshell at a cashier station
- Order /pick-up your food in your clean clamshell
- Your food is ready to-go anywhere in its eco-friendly container and you don't need to worry about returning dishes or throwing away a styrofoam container
- Trade in your eco-clamshell for a clean one and repeat!
- The clamshell is yours when you leave school

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Clean Plates at Whitney = Big Rewards



Project: Clean Plate will soon be underway to encourage students to reduce food waste at the Whitney Dining Center. Student "spotted" with clean plates will be entered



to win weekly and grand prizes, including an iPod, gift certificates, shirts and other fun items, beginning Monday, Oct. 12, to Friday, Nov. 6.

Here's how you can be "spotted" and win:

- Take what you can eat while dining at Whitney Center
- If you are "spotted" with a clean plate, you'll be asked to

complete a form to be entered for the weekly drawings and the grand prize drawing

At the end of the project, the money saved by the reduction of food wasted will be used to purchase food to be donated to a local food pantry in the name of UW-L students. The project sponsor, the Dining Services Committee, will select the local food pantry.

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News Media Features UW-L Local Foods Week

Last week's local food program coordinated by Chartwells, the UW-L Dining Services provider, caught the attention of the local news media, including WKTB News Channel 8 and the La Crosse Tribune. Check out the Tribune article [here](#).

The eat-local program was aimed at supporting area farmers who grow produce within 150-miles of campus. If you missed it, students, faculty and staff had a chance to try out special featured items, including squash soup, apples and dip and organic cherry tomatoes at the salad bar.

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University of Wisconsin-La Crosse University Centers

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