

# A GUIDE TO CAMPUS DINING

AT WASHINGTON UNIVERSITY IN ST. LOUIS • 2017-2018



# HELLO!

Welcome to Washington University Dining Services. We're happy that you've chosen Washington University as your academic partner and we promise to do our part to provide wonderful dining experiences while you are here.

Washington University Dining Services believes that balanced, nutritious meals are an important part of everyday success. Whether it's a grab-and-go meal, a sit-down dinner with friends or a casual meal between classes, Dining Services provides a great variety of options to meet all of your dining needs.

In concert with widely acclaimed Bon Appétit Management Company, Dining Services operates an environmentally sustainable program that features high quality ingredients from an array of local farms and other sources. For those with allergies or special food needs, our Nutrition Services team will engage with you to ensure that you'll have access to meals that you'll enjoy.

Dining Services strives to provide dining experiences that fulfill the following principles:

- Help build community where lifelong friendships can be developed and fostered;
- Provide access to delicious food in reasonable quantities;
- Allow for the freedom to practice, develop and explore one's identity;
- Make it affordable;
- Provide a climate for responsive engagement where stakeholders can have continuous communication and dialogue.

We're glad you're here! Let us know how we can make your dining experience even better by emailing us at [diningservices@wustl.edu](mailto:diningservices@wustl.edu).

Sincerely,



Alan S. Kuebler  
Associate Vice Chancellor



# MEETING YOUR DIETARY NEEDS

Our menus offer diverse cuisines to help meet the needs of our campus community. Students with food allergies or special dietary needs are encouraged to contact the Director of University Nutrition, Connie Diekman, RD, who, along with our chefs, will help you dine safely and comfortably in our cafés. If you have questions while in a dining location, please ask to speak with a manager or chef. For daily café menus and food allergy information, visit our online menus ([menus.wustl.edu](http://menus.wustl.edu)) from your desktop or mobile phone. Menus online and in our cafés are clearly marked with icons indicating when food allergens are present or when menus meet certain criteria.



All items in our cafés are clearly marked when containing nuts. Our chefs have removed a variety of nuts from our campus menus. If you need information about a specific item, please inquire with a manager or café chef.



These items are prepared in a dedicated area of our kitchen to meet the needs of guests who need to avoid contact with gluten. Gluten-free items are offered in our cafés and also as packaged grab-n-go items in cafés and markets.



Kosher food is prepared and served under rabbinic supervision from the Vaad Hoeir of St. Louis. Hot meals are served at L'Chaim, located in the Bear's Den. Fresh kosher grab-n-go meals are available daily in campus cafés and markets.



We work closely with STLHalal to maintain an authentic halal food program. All dishes served at the WUrd Fusion station in the Bear's Den are prepared under halal guidelines. Halal grab-n-go meals are also available in campus cafés and markets.



All of our dining locations offer a variety of both vegetarian and vegan options. Look for these icons next to menu items.

# NUTRITION ON CAMPUS

As we begin the 2017-2018 academic year, Dining Services would like to keep you updated on campus-wide improvements made in our dining facilities. In partnership with the Director of University Nutrition, Connie Diekman, RD, we have implemented changes consistent with the updated 2015 Dietary Guidelines for Americans. These recommendations guide our team as we try to create excitement and awareness of nutritious, balanced and easy to choose meals in many of our dining facilities. The 2015 Dietary Guidelines reflect the importance of ...

- A diet pattern high in vegetables, fruit, whole-grains, low or non-fat dairy, seafood, legumes and nuts.
- A focus on increasing consumption of plant foods and decreasing consumption of red and processed meats.
- A "culture of health" in which individuals, organizations, private businesses and communities feel empowered to make healthy choices.

## PARTNERSHIP FOR A HEALTHIER AMERICA

For the past three years, we have committed to the Partnership for a Healthier America (PHA). As a partner, we have implemented many goals on campus that are aimed at improving the health and wellness of our campus members. In Dining Services, we have made many changes, including those listed here:

- Offered a wellness meal at breakfast, lunch and dinner
- Offered a minimum of five fruits, five vegetables and two whole grain products at lunch and dinner
- Offered no more than one fried food at each station during lunch and dinner
- Offered at least three healthier desserts at lunch and dinner
- Designated healthier food and beverage options using either the Bear Balance or Connie's Choice icon at the point of presentation
- Offered a plant-based food option at every station serving meat
- Made available Registered Dietitian Nutritionists (RDNs) for personal nutrition assessments and counseling to all students



## BEAR BALANCE MOVEMENT

As we complete our three year commitment, we transition to a focus on the Bear Balance Movement. The Bear Balance Movement is an effort to continuously improve the health environment on campus and therefore, the health of individuals on campus. In Dining Services, this means offering a variety of Bear Balance and Connie's Choice items. The icons for both will continue to appear on items in dining locations and on the online menus to help our customers find those "better-for-you" choices.

Dining Services is pleased to provide healthful, enjoyable menu items as we support the campus Bear Balance Movement.

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You can see evidence of the Bear Balance Movement as you frequent dining facilities around campus! Look for the Bear Balance icon to denote Bear Balance Meals that include:



- 2 oz. serving of lean meat, poultry, fish or plant protein or 1 cup low-fat dairy
- 2 oz. serving of whole grain
- 1 ¾ cup serving of fruit and/or non-fried vegetable

Connie's Choice menu items have also been integrated into the Bear Balance Movement as they represent "better for you" choices. You will continue to find the Connie's Choice icon on menu items at the DUC, Village, Bear's Den, and on items in grab-n-go cases around campus. Connie's Choice items meet the following criteria:



- 20-35% of calories from fat, with less than 10% being from saturated fat
- Lower amounts of sodium in an effort to consume less than 2,300 mg per day
- Entrées, sandwiches and meals contain lean meat or plant-based protein

# MEAL PLANS

PLAN	POINTS	PRICE
Platinum Plan*	4,954 points	\$6,356
Gold Plan*	4,442 points	\$5,844
Silver Plan*	3,622 points	\$5,024
Bronze Plan	2,806 points	\$4,206
Apartment Plan	1,286 points	\$1,894
Off-Campus Plan	758 points	\$1,170

\*First year students may choose from the Platinum, Gold or Silver Plans.

Students may change their meal plan within the first four weeks of the fall semester or within the first two weeks of the spring semester. Students who have exhausted all of their meal plan points may purchase meals with Bear Bucks. Bear Bucks may be added through WebSTAC or by visiting the Campus Card Services Office. Meal plan points may be used to purchase food and beverage items on the Danforth, North and West Campuses.



# PLAN DESCRIPTIONS

**PLATINUM PLAN** The Platinum Plan is designed for the individual who requires more overall nutrition than provided by the Gold Plan. This might be due to a personal workout plan, involvement in intramurals, club sports, team sports, cheer or other high intensity activity.

**GOLD PLAN** The Gold Plan is designed for the individual that leads an active lifestyle.

**SILVER PLAN** The Silver Plan is ideal for residential students. It is the minimum required for first year students and is the most popular for returning students.

**BRONZE PLAN** The Bronze Plan gives students who spend a significant amount of time off-campus for university-related events, such as internships or research projects, enough points to dine comfortably at any Dining Services café while on campus.

**APARTMENT PLAN** The Apartment Plan is designed for students living in campus apartments and allows the flexibility to prepare meals in their apartments when desired, or enjoy any of the Dining Services cafés on the Danforth Campus.

## OFF-CAMPUS PLAN

Students who reside off-campus will enjoy the Off-Campus Plan designed to include a level of meal points reflective of a lifestyle that requires occasional on-campus dining. This plan is the minimum required for students residing off-campus.

Meal plans are only valid at Dining Services Campus Cafés. Plans are not valid at Einstein Bros. Bagels (Simon Hall), Bauer Hall, Knight Center, and cafés on the Medical School Campuses.

# DINING LOCATIONS + HOURS

## 1 BEAR'S DEN South Forty House

grill, comfort food, vegetarian, pizza, pasta, stir-fry, halal, hot kosher meals, late night dining

M-Th 7:30am-2am | F 7:30am-3am | Sa 3pm-3am | Su 3pm-1am

Brunch (all-you-care-to-eat) Sa-Su 11am-2pm

## CHERRY TREE CAFÉ South Forty House

Kaldi's coffee and espresso, pastries, desserts, soup, deli, GET Food

M-Th 7:30am-2am | F 7:30am-3am | Sa 8:30am-3am | Su 8:30am-1am

## PAWS & GO South Forty House

local & house-made products, groceries, soup, salad bar, fresh fruits & vegetables, frozen yogurt, grab-n-go, milkshakes

Daily 10am-1am

## 2 CAFÉ BERGSON Danforth University Center

Kaldi's coffee and espresso, pastries, desserts, Jamba Juice, grab-n-go

M-Th 7:30am-9pm | F 7:30am-5pm | Sa 9am-5pm | Su 9am-9pm

## IBBY'S BISTRO Danforth University Center

unique campus restaurant focusing on seasonal and local ingredients

Lunch (all-you-care-to-eat buffet) T-F 11am-2pm | Dinner T-Sa 5pm-10pm

## THE SERVERY Danforth University Center

grill, comfort food, vegetarian, soup, pizza, made-to-order salad bar, Latin, Asian, GET Food

M-Th 11am-8:30pm | F 11am-3pm

## 3 MILLBROOK MARKET Village House

local & house-made products, groceries, grab-n-go

M-Th 8am-12am | F 8am-2am | Sa 9am-2am | Su 9am-12am

## VILLAGE CAFÉ Village House

grill, comfort food, vegetarian, soup, salad, deli, stir fry, GET Food, late night dining

M-Th 8am-2pm, 5pm-12am | F 8am-2pm, 5pm-2am | Sa 5pm-2am

Su 5pm-12am | Brunch (all-you-care-to-eat) Sa-Su 11am-2pm

## VILLAGE COFFEE CONNECTION Village House

Kaldi's coffee and espresso, pastries, desserts

M-Th 8am-12am | F 8am-2am | Sa 9am-2am | Su 9am-12am

## 4 LAW SCHOOL CAFÉ Anheuser-Busch Hall

Kaldi's coffee and espresso, pastries, made-to-order salads and wraps, carvery, pizza, soup, grab-n-go, comfort food

M-Th 8am-3pm | F 8am-2pm

# WHISPERS CAFÉ

*a new place to*

**SIP. SAVOR. SOCIALIZE.**

**COMING SPRING 2018**



learn more [library.wustl.edu/transformation](http://library.wustl.edu/transformation)  
looking for coffee on campus? [diningservices.wustl.edu](http://diningservices.wustl.edu)

# OUR LOCAL PARTNERS

Our Farm to Fork program is about investing in the health of our community and the future of our food supply. Farm to Fork is our commitment to purchasing seasonal and regional ingredients from within a 150-mile radius of Washington University in St. Louis whenever possible.

We do this because food grown locally:

- is fresher, better tasting and can have great nutritional value
- supports family farmers and keeps money invested in the community
- preserves bio-diversity
- protects open space



During a typical week, we purchase **12,172 pounds** of local produce, protein and dairy to fuel the campus.

That's over **6 tons** of tomatoes, squashes, melons, beans, apples, greens, bacon, pork, yogurt and more!

We're proud to support these local partners, farmers and alumni-founded businesses. Make sure to check out their food or services in our campus cafés!



**MOST POPULAR  
CAMPUS RESTAURANT  
IN THE COUNTRY!**



Tue-Fri 11am-2pm • Tue-Sat 5pm-10pm  
(314) 935-3940 • [ibbys.wustl.edu](http://ibbys.wustl.edu)  
Danforth University Center

With a focus on locally-sourced ingredients, our unique campus bistro offers fresh, creative cuisine inspired by the seasons. Ibbby's offers a daily-changing lunch buffet and a la carte menu as well as a full-service seasonal dinner menu.

# SUSTAINABILITY COMMITMENT

Our commitment to sustainability is rooted in preparing flavorful food that nourishes the Washington University community, replenishes our shared natural resources for future generations and is produced through practices that support farmers.

Turkey and chicken produced without routine use of non-therapeutic antibiotics

Milk and yogurt from cows never given artificial bovine growth hormones (rBGH)



Cage-free, Certified Humane shell eggs

All stocks, pizza dough, marinara, and other sauces are made from scratch daily

Peanut oil is never used in our food preparation

Ground beef is produced from grass-fed cows raised without routine use of non-therapeutic antibiotics or added hormones



We purchase seafood in accordance with the Monterey Bay Aquarium Seafood Watch

Guidelines and order local products when available

Coffee served in our cafés meets and often exceeds Fair Trade Certified™ standards and requirements



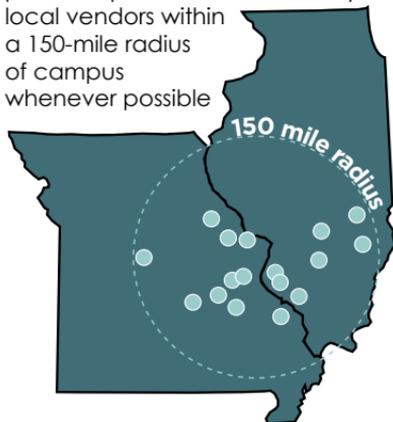
We convert fryer oil waste into biodiesel which powers our campus trucks

Reusable dishes and compostable/recyclable disposables provided at all WUSTL dining locations

Pre- and post-consumer food scraps composted and used in campus landscaping

Food donations made weekly to local organizations like Operation Food Search and Campus Kitchen

Produce, meat and artisanal products purchased from many local vendors within a 150-mile radius of campus whenever possible



# OUR CULTURE OF SUSTAINABILITY

WUSTL Dining Services has been recognized by the Environmental Protection Agency for excellence in food waste recovery efforts and won the 2014 NACUFS Sustainability Gold Award for Excellence in Waste Management. Here are a few ways you can promote our culture of sustainability.

## USE A PLATE

Slow down and enjoy your food on a plate with real utensils! By choosing a plate, you can help divert more than 700,000 pounds of waste from the landfill!



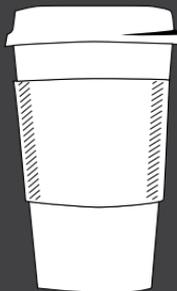
## CHOOSE ECO TO-GO

Need to take your meal on the go? Choose Eco To-Go, the reusable box that can be returned to any WUSTL Dining Services location. Do your part to reduce the use of single use products!



## CHOOSE THE BOTTOMLESS MUG

By purchasing and using a bottomless coffee mug, you'll receive unlimited free brewed coffee from any WUSTL Dining coffee location. Mugs are available for purchase at all WUSTL Dining Services cafés.



Learn more at [diningservices.wustl.edu](http://diningservices.wustl.edu)

# LET'S GET COOKING!

Creating food that is alive with flavor and nutrition is our passion! Our chefs want to teach you the skills for cooking with fresh and local ingredients.

Dining Services offers both hands-on and demonstration cooking classes to our students, faculty and staff. Taught by our chefs, these classes take place in Studio40, our unique, on-campus kitchen located in the heart of the Bear's Den on the South40. Classes focus on a range of topics including the Dine with the Dietitian series, cultural-themed meals and holidays, cooking techniques and more.



Dine with the Dietitian



Zombie Apocalypse Dinner



Vegetarian Cooking Class

Visit [diningservices.wustl.edu](http://diningservices.wustl.edu) for the 2017-18 cooking class schedule or to schedule a customized, private class for your group.

# WHAT'S ON THE MENU?

Find out what our chefs are cooking!



**GET Food**  
order food from your phone  
or computer



**WUSTL app**  
check out menus on the WUSTL app  
(plus maps, circulator info and more!)



**menus.wustl.edu**  
find menus and nutrition  
information online

## CONTACT US



Washington University Dining Services



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