Campus Dining
WASHINGTON UNIVERSITY IN ST. LOUIS
2019-2020
WELCOME!

Washington University Dining Services is a major part of campus life. Serving thousands of meals each week to our students, faculty, staff, and visitors, we invite you to join us!

Experience great food and share wonderful company.

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Washington University Dining Services believes great tasting food and nutritious meals are an important part of your academic success! Whether it’s a grab & go, a sit-down dinner with friends, or a quiet moment between classes, Dining Services provides a variety of options to choose from. WashU’s culinary and dining team constantly seeks new ways to more precisely meet and exceed the needs of our students and the campus community.

Our widely acclaimed dining operations with chefs from Bon Appétit Management Company, give you, the diner, the opportunity to experience an environmentally sustainable and satisfying program. We design our recipes with high quality ingredients, made from scratch. Our collaboration with local farms and Missouri resources provides an excellent source of fresh, quality foods and produce which are prepared and served daily. For those with allergies or dietary restrictions, our Nutrition Services team will engage with you to ensure your access to meals that meet your needs while you savor the flavors.

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

• Build community where lifelong friendships can be developed and fostered;
• Provide access to delicious tasting food in reasonable portions;
• 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 chose Wash U! Please, let us know how we can make your dining experience even better by sending us an e mail at diningservices@wustl.edu.

Sincerely,

Greg Minner
Executive Director of Dining Services & Business Operations
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 our University Dietitian, Rebecca Miller, MPH, RDN, LDN. Along with our chefs, she 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. Our online menus and those in our cafés are clearly marked with icons indicating when food allergens are present and when items meet certain criteria.

Contact

Rebecca Miller, University Dietitian
miller.rebecca@wustl.edu

Chef Patrick McElroy, Campus Executive Chef
patrick.mcelroy@cafebonappetit.com
KOSHER: The light blue kosher label is used on menus and signage to denote foods that have been prepared in a certified kosher kitchen. Our kosher items are 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. You can find fresh kosher Grab & Go meals daily in campus cafés and markets operated by Washington University Dining Service.

HALAL: All meals served at the WUrld Fusion station in the Bear’s Den are prepared under halal guidelines. Halal Grab & Go meals are also available in Dining Services campus cafés and markets. Look for the halal label on packaging and menu boards to denote the item has been certified as halal.

NUTS/TREE NUTS: 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.

VEGAN and VEGETARIAN: Seeking vegetarian or vegan options? Look for these labels on menu boards that designate items that are vegan or vegetarian. All of our dining locations offer a variety of both vegetarian and vegan options.

KNOW WHAT YOU ARE EATING

We believe that we have a responsibility to help our guests understand where their food comes from, and why the choices made along the way matter. Our Circle of Reponsibility (COR) labels help guests identify foods that are vegetarian, vegan, locally sourced, kosher, halal, or contain nuts.
NUTRITION ON CAMPUS

We continue to refine and develop our dining program to stay consistent with the most current USDA Dietary Guidelines for Americans.

Our registered dietitian provides recommendations to guide our team as we create excitement and awareness of nutritious, balanced and easy to choose meals in all of our dining facilities. Nutrition on campus reflects the importance of:

• A diet pattern high in vegetables, fruit, whole-grains, low or non-fat dairy, seafood, nuts, and legumes.

• 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.
Dining Services has set goals that are aimed at improving one’s health and wellness. Our goals:

• A “Bear Balance” wellness meal at breakfast, lunch and dinner in residential dining locations.

• A minimum of five fruits, five vegetables and two whole grain products available at lunch and dinner.

• Limiting the number of fried foods in the three large dining facilities (Bear’s Den, The Village, and the Danforth University Center).

• At our dining locations, at least one dessert option is 150 calories or less.

• “Better For You” food and beverage options that are marked with the Bear Balance or Bear’s Choice label.

• A plant-based food option at every station that serves meat-based entrees.

• A Registered Dietitian (RD) is available for personal nutrition assessments and counseling to all students.

Best Campus Food

In 2019, Washington University Dining Services was ranked #3 by The Princeton Review for Best Campus Food among U.S. universities.
The Bear Balance Movement is a campus-wide effort to continuously improve the health environment on campus and therefore, the health of individuals. In Dining Services, this means offering a variety of Bear Balance and Bear’s Choice items.

These items are easy to find! Just look for labels for both on items in dining locations and on the online menus to find “better-for-you” choices.

BEAR BALANCE MOVEMENT

BEAR BALANCE

Look for the Bear Balance label to denote a complete, balanced meal, or desserts that are 150 calories or less. These meals 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
Bear’s Choice menu items have been integrated into the Bear Balance Movement as they represent “better-for-you” choices. You will find the Bear’s Choice label on menu items at the Danforth University Center (DUC), Village, Bear’s Den, and on items in Grab & Go cases around campus.

Bear’s Choice items are individual items that 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 | 2019-2020

<table>
<thead>
<tr>
<th>PLAN</th>
<th>POINTS</th>
<th>PRICE</th>
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<tbody>
<tr>
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<tr>
<td>Off-Campus Plan</td>
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</tr>
</tbody>
</table>

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

Students may change their meal plan within the first two weeks of the fall and spring semesters through the Wash U Housing Portal. 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 in WUSTL Dining Services locations on the Danforth, North and West campuses. Meal Plan information is available online at [diningservices.wust.edu](http://diningservices.wust.edu).

All undergraduate students are required to purchase a meal plan with the minimum based on their housing location and/or academic status.
PLAN DESCRIPTIONS

PLATINUM PLAN - 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 activities.

GOLD PLAN - for the individual that leads an active lifestyle.

SILVER PLAN - for residential students. It is the minimum required for first year students and is the most popular for returning students.

BRONZE PLAN - for students who spend a significant amount of time off-campus for university-related events, such as internships or research projects. It provides an adequate amount of points to dine comfortably at any Dining Services café while on campus.

APARTMENT PLAN - for students living in on-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 - includes 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.
Whether you call it a pork steak or a “park steak,” diners at Washington University will have a chance to try this St. Louis favorite and many more at the new Parkside Café in Schnuck Pavilion.

Parkside Café is the newest dining facility to open on the campus of Washington University with an August 13 public opening. It is located in the new Schnuck Pavilion, a new multi-use building. With its outdoor dining terraces overlooking Brookings Hall and Tisch Park, the 18,000-square-foot building is home to the Environmental Studies Program and the Office of Sustainability. Schnuck Pavilion houses offices, student lounges, and a teaching space.

The Parkside Café will be open Monday through Friday from 7 am until 7:30 pm. Hot meals and entrées will be available from 11 am until 2 p.m. each weekday. Coffee and fresh bakery items are available every weekday.

This café offers mobile and online ordering. Using kiosks visitors place their orders and receive notification when their items are ready. These kiosks at Parkside allow students to pay for items using a university meal card, Bear Bucks or credit card.

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PARKSIDE SPECIALS

**Mondays**
Italian sausage hoagie with peppers and onions and Italian salad

**Tuesdays**
Grilled St. Louis BBQ pork steak with macaroni pasta salad

**Wednesdays**
Tofu tikka masala with banda kofta tarkari

**Thursdays**
Roasted pepper, feta and spinach quiche with spinach-sunflower seed salad

**Fridays**
Nashville-style hot chicken leg quarter with Kentucky picnic salad

HOT CARVERY

Look for these fantastic signature sandwiches only at Parkside:

- Turkey pesto wrap
- Smoked roast beef
- Grilled BBQ Korean flank steak with kimchi, shredded cabbage
- Roasted turkey dip with brie
- “My Boy Blue” smoked roast beef sandwich on flour tortilla, with blue cheese spread, oven dried tomatoes, baby spinach
Parkside Cafe continued

Campus Executive Chef Patrick McElroy developed the menu in consultation with a university committee which included representatives of the Schnuck Family, the building’s namesake.

“It was a clear objective of the planning team to give the menu at Parkside Café a distinct local St. Louis flair,” McElroy said. “We have created a café which will offer a unique blend of good-for-you and student favorites, as expressed by the Dining Services Advisory Team and campus committees.”

Parkside Café is committed to using fresh, high quality meats, seasonal produce and made from scratch items, Chef McElroy said. Fresh, hand-crafted salads as well as Ted Drewes frozen custard, a local St. Louis favorite, and assorted house made bakery items will be available.

PARKSIDE CAFE’ AT A GLANCE

- Located in the Schnuck Pavillion
- Seats 146 inside; 100 on an outdoor patio
- Open 7 am-7:30 pm, Monday through Friday
- Fresh hand-crafted salads, wraps
- St. Louis favorites
- Fresh bakery items
- Mobile kiosk ordering and payment options
FARM TO FORK

We’re committed to our community. We help invest in the health of our community and the future of our food supply by purchasing seasonal and regional ingredients from local, St. Louis area based farmers, artisans, and producers, whenever possible. We define “local” as products that come from within 150 miles of our campus.

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 9,372 pounds of local produce, protein and dairy to fuel the campus. That’s over 4 tons of tomatoes, squashes, melons, beans, apples, greens, bacon, pork, yogurt and more! We’re proud to support our local partners, farmers and alumni-founded businesses. Be sure to check out their food or services in our cafés!
OUR LOCAL & ALUMNI PARTNERS

KALDI’S COFFEE
Kohn’s Meat Co.
Wenneman Meat Co.
Windcrest Dairy
Farmstead Foods
Mr. Meowski’s Sourdough
New Day
Salza’s
Compaction Technologies, Inc.
Natalie’s Cakes & More
SUPPORTING SMALL FARMERS

We use the Locally Crafted label to denote menu items that contain products from an approved Locally Crafted vendor that has met the following criteria:

- Vendor must conduct business within 150 miles
- Owner-operated or Co-op of owner-operators
- Annual sales of $5 million or less

The vendor must also have met specific qualifications, including:

**Responsibly sourced**  
At least 50% of the product’s ingredients, by weight or volume, are responsibly sourced as verified by an approved third-party organization, such as Certified Organic or Fair Trade.

**Humanely sourced**  
The eggs, dairy, and protein in the product meet all WUSTL Dining Services sustainability standards (eggs are certified cage-free, milk is rBGH-free, etc.)

**Traditional/artisan**  
The product is a traditional staple of a specific cuisine, made in the traditional manner with a minimum of additives and preservatives, or in small batches by hand using traditional methods.

**Justice through ownership**  
The business is minority or woman-owned and controlled.
OUR CULTURE OF SUSTAINABILITY

WUSTL Dining Services has been recognized by the Environmental Protection Agency for excellence in food waste recovery efforts and won a NACUFS Sustainability Gold Award for Excellence in Waste Management.
FIGHTING FOOD WASTE

We are committed to fighting food waste at Washington University. We help prevent food waste by preparing our food from scratch in small batches.

We work with food banks and other nonprofit organizations around the St. Louis area to take excess, nutrient-dense food from our cafés and direct it to food-insecure people. Further, we compost food waste through municipal programs, and we send waste fryer oil to be recycled into bio-fuel processors.

DO YOUR PART!

Help us promote a culture of sustainability.

USE A PLATE
Slow down and enjoy your food on a reusable plate with reusable utensils! By choosing a plate, you can help divert more than 700,000 pounds of single-use products from the waste stream.

CHOOSE THE BOTTOMLESS MUG
By participating in the WUSTL Dining Services Bottomless Mug program, you’ll receive unlimited brewed coffee from any WUSTL Dining coffee location. Mugs are available for purchase at all WUSTL Dining Services cafés. Do your part and let’s keep 415,000+ paper cups, lids and sleeves out of our landfills.

PLEDGE TO GREEN MONDAY
Commit to Green Monday to help save water and energy by eating vegetarian at least once a week. We offer a delicious variety of plant-based options every day. Start your week off right!
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 whenever available
- Coffee served in our cafés meets or often exceeds Fair Trade Certified™ standards and requirements
We focus on preventing waste at the source. Here’s how:

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

• The Imperfectly Delicious Produce program - Every year, U.S. farmers discard more than 6 billion pounds of produce because they are told it’s too small, too big, too crooked, or just too ugly to sell.

We think this is undervalued, so our chefs gladly slice and dice this type of produce into their dishes.

• Our menus are planned in a way that our chefs can easily reuse ingredients in menus to cut waste.

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

• Food scraps donated to be used as animal feed on a routine basis.

Food Recovery: The Campus Kitchen Project

Campus Kitchen seeks to address hunger problems by recovering food that would otherwise go to waste, and using it to prepare meals for the food-insecure of St. Louis.

“We receive close to 25-35 pounds of food each week (from WUSTL Dining Services), mainly in the form of pre-packaged meals like sandwiches and salads,” said Sam Cohen, co-president of the Campus Kitchen Project at Washington University in St. Louis.

“We collect this food and give it to our clients. On Saturdays we give the donated food to underprivileged St. Louis youth that might not have a meal that night, Cohen added.

“The food donated (by WUSTL Dining) is something that our clients can take home and have for the night, or for later in the weekend when they are not receiving free meals from school,” he added.

The Campus Kitchens Project is a national organization with kitchens at 59 universities across the United States.
MUST HAVE COFFEE.

PICK UP HOT BREWED COFFEE AND MORE AT THESE CAMPUS LOCATIONS

WHISPERS CAFE
CHERRY TREE BAKERY
LAW CAFE
GROUNDS FOR CHANGE
PARKSIDE CAFE

CAFE BERGSON
VILLAGE COFFEE CONNECTION
STANLEY’S
WEST CAMPUS CAFE
NORTH CAMPUS CAFE
NEED A STRAW?

JUST ASK!

IF YOU WANT A STRAW
... Just ask one of the
cashiers. We’ve moved
these items to the cash
register stations.

Thank you for joining the worldwide
movement away from single-use
disposables. We’re glad to have
you with us on the leading edge.
LET’S GET COOKING!

Creating food that is alive with flavor and nutrition is our passion! Our chefs are eager to teach you the proper 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, many of these classes take place in Studio40, our unique, on-campus kitchen located in the heart of the Bear’s Den on the South40. Classes are also held at The Village and other locations. Our classes focus on a range of topics including the Dine with the Dietitian series, cultural-themed meals and holidays, cooking techniques and more. For information about upcoming cooking classes, follow us on Instagram @wustldining.

Visit our website at diningservices.wustl.edu
Want to learn about the nutritional value of our items?

Visit menus.wustl.edu
### DINING LOCATIONS AND 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 8:30am-3am | Su 8:30am-1am

2. **CHERRY TREE CAFÉ**  
   South Forty House  
   Kaldi’s coffee and espresso, pastries, desserts, soup, deli, GET Food  
   M-Su 7am-12am

3. **PAWS & GO**  
   South Forty House  
   Local & house-made products, groceries, soup, salad bar, fresh fruits & vegetables, frozen yogurt, Grab & Go, milkshakes  
   Daily 10am-12am

4. **CAFÉ BERGSON**  
   Danforth University Center  
   Local & house-made products, groceries, soup, salad bar, fresh fruits & vegetables, frozen yogurt, Grab & Go, milkshakes  
   Daily 10am-12am

5. **IBBY’S BISTRO**  
   Danforth University Center  
   unique campus restaurant focusing on seasonal and local ingredients  
   Lunch (all-you-care-to-eat buffet)  
   T-T 11am-2pm | Dinner T-Sa 5pm-10pm

6. **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

7. **VILLAGE CAFÉ**  
   Village House  
   Local & house-made products, groceries, Grab & Go  
   M-Th 8am-12am | F 8am-2am | Sa 9am-2am | Su 9am-12am

8. **VILLAGE COFFEE CONNECTION**  
   Village House  
   Kaldi’s coffee and espresso, pastries  
   M-Th 11am-12am | F 8am-2am | Sa 9am-12am | Su 9am-12am

9. **WHISPERS CAFÉ**  
   Olin Library  
   Kaldi’s coffee, espresso, pastries, Grab & Go  
   M-Th 7:30am-12am | F 7:30am-3pm | Sa 9am-1pm | Su 9am-12am

10. **STANLEY’S**  
    Lopata Hall  
    Kaldi’s coffee and espresso, pastries, desserts, soups, salads, wraps, sandwiches, Grab & Go  
    M-Th 8am-2pm

11. **PARKSIDE CAFÉ**  
    Schnuck Pavilion  
    Kaldi’s coffee and espresso, pastries, desserts, soup, carvery wraps, paninis, Grab & Go  
    M-F 7am-7:30pm

12. **GROUNDS FOR CHANGE**  
    Hillman Hall  
    Chronicle coffee and espresso, bakery items, Grab & Go  
    M-F 8am-2pm

13. **WEST CAMPUS CAFÉ**  
    West Campus  
    Kaldi’s coffee and espresso, pastries, soup, paninis, pizza, Grab & Go  
    M-F 7:30am-2pm

14. **NORTHERN BITES**  
    North Campus  
    Kaldi’s coffee and espresso, pastries, desserts, soup, paninis, Grab & Go  
    M-F 7:30am-2pm
With a focus on locally-sourced ingredients, our unique campus bistro offers fresh, creative cuisine inspired by the seasons. Ibby’s offers a daily-changing lunch buffet and a la carte menu as well as a full-service seasonal dinner menu. We proudly serve an assortment of great Missouri wines and beer. Ibby’s Bistro accepts Meal Points. Reservations are recommended.