Hello Everyone!
We are so excited to be partnering with UW – La Crosse to create an excellent dining experience. This newsletter, The Scoop, is our monthly showcase of information about dining at UW – La Crosse, information and resources from our team, and a look at some of the great things going on. As we are getting close to the start of the new academic year, let me share a few things we are excited about this fall and also ways to continue to connect with us!

Based on your ideas and suggestions last year, we’ve made some changes that aim at creating a great dining experience on-campus! The Whitney Center has undergone some extensive renovations this summer with new stations, a new layout and new menu items. In Cartwright, Mondo Subs is our new sandwich experience, an enhanced salad bar, new Asian-inspired options and more. Many of our great Associates are looking forward to showing and sharing these changes with you.

We appreciate and welcome feedback, ideas and suggestions from all of our guests. There are a number of ways you can connect with us: our main website www.dineoncampus.com/uwlacrosse, share your idea with any member of our management team or staff, look for comment cards, online solutions and more. It has been a busy summer and we look forward to sharing with you the new look of dining at UW – La Crosse very soon!

Enjoy summer!
Nancy Gjertson
Resident District Manager
Hours of Operation

Are you in the mood for some coffee? Stop in and see what we’ve got cooking at Einstein Bros Bagels in Cartwright!

Monday – Friday 7:30am – 1:30pm

Camps & Conferences

Kids’ Culinary Academy

At Kids’ Culinary Academy, imaginations ran free wild as these upcoming chefs and bakers discovered math, reading, health, time management, food chemistry and social skills through our hands-on cooking camp.

Sports Camps

Many different groups have visited the UW-L campus this summer as they train in the off-season for their favorite sports. We wish all of the athletes a very successful 2015-2016 year!

UW-La Crosse Sports Teams

We look forward to welcoming all of the UW-La Crosse sports team to campus in August! We wish you the best of luck in the new school year!
Opening Week Hours of Operation

**Cartwright Center**
- The Galley
  - 7:30am – 8:00pm  Monday - Friday
- The Cellar
  - 10:30am – 10:30pm  Sunday – Saturday
- Einstein Bros Bagels
  - 7:30am – 8:00pm  Monday – Thursday
  - 7:30am – 5:00pm  Friday
  - 10:00am – 2:00pm  Saturday

**Murphy Library**
- On the Go
  - 10:30am – 6:00pm  Monday – Friday
  - Closed Saturday and Sunday
- Peet’s Coffee
  - 4:00pm – 10:00pm  Sunday
  - 7:30am – 10:00pm  Monday – Thursday
  - 7:30am – 6:00pm  Friday

**Whitney Center**
- Main Residential Dining  7:00am – 8:00pm (hours vary for each station)
- Chars  10:00am – 8:00pm (hours vary for each station)
- Badger Street Station
  - Mondo Subs
    - 10:30am – 12:00am  Sunday – Wednesday
    - 10:30am – 1:00am  Thursday – Saturday
  - On the Go
    - 7:00am – 3:00am  Monday - Friday

**Centennial Hall**
- On the Go
  - 7:30am – 6:00pm  Monday – Thursday
  - 7:30am – 3:00pm  Friday
- WPS Starbucks
  - 7:30am – 6:00pm  Monday – Thursday
  - 7:30am – 3:00pm  Friday
September Events

Welcome Back Picnic
9.4.2015

First Day of Classes
9.8.2015

Milk and Cookies!
9.14.2015
Clock Tower
1:00 — 5:00

Dining Events in Whitney Center
Your Region: Live from Cali Grill 9.8.2015
Your World: Costa Rica 9.15.2015
Tailgating: 9.22.2015
Superhero Night: 9.29.2015
Healing and Immunity Boosters

There aren’t miracle foods that will keep you illness free during cold and flu season. However, eating a wide variety of fruits and vegetables high in Vitamin C, Vitamin E, and Vitamin A as well as getting enough essential minerals will give your body the ammunition to help fend off colds better than if you eat a diet lacking in them. The more colorful your plate is, the more vitamins, minerals and antioxidants you are getting! Berries are packed with illness-fighting antioxidants, vitamins and minerals. Add some to your yogurt or oatmeal at breakfast. In addition to the food you eat pay attention to what you’re drinking. The benefits of water are vast! Adequate hydration will help keep everything running smoothly and will help your body utilize all of the nutrients needed to keep you healthy.

8 Immune Boosting Foods

1. Yogurt
   The live active cultures found in yogurt are healthy bacteria that help keep your intestinal tract free from disease-causing germs.

2. Oatmeal and other whole grains
   Whole grains boost immunity and speed wound healing including muscle healing after a hard workout.

3. Tea
   The main health-promoting contributor in tea is polyphenols, particularly flavanols and flavonols. These polyphenols boost the immune system and protect against oxidative stress that can damage cells. Catechin, an antioxidant in green tea, is thought to play a role in protecting against certain types of cancer.

4. Leafy greens
   Leafy greens like spinach and kale are rich in Vitamin C. In addition, citrus fruits, bell peppers, Brussel sprouts, strawberries, and papaya also contain substantial amounts of Vitamin C. Try to get your Vitamin C from foods rather than taking a supplement so you’re getting the good fiber fruits and veggies offer too.

5. Chickpeas
   Chickpeas are high in Vitamin B6 which is essential for nearly 200 biochemical reactions in your body and critical in proper immune system functioning. Dip your bell peppers in some hummus for a double immune boosting snack!

6. Sweet Potatoes
   Sweet potatoes—along with their orange counterparts carrots, pumpkin, cantaloupe, and squash—are rich in Vitamin A. Vitamin A acts as an antioxidant to boosts your immune system.

7. Broccoli
   If you were to pick one veggie to love, make it broccoli! Broccoli is a nutritional and immune boosting powerhouse. This green nutrient rich veggie is part of the cabbage family. Broccoli is rich in selenium which has been shown to boost immunity and protect against certain cancers. In addition, broccoli is a good source of iron—iron carries oxygen to the cells of your body. Broccoli also supplies your body with Vitamin E which is a powerful antioxidant that helps your body fight off infections. Steaming broccoli helps provide cholesterol lowering benefits to you.

8. Seafood
   One of the best sources of zinc is seafood like crab, lobster, and oysters. Zinc is an essential mineral for keeping a healthy immune system, building proteins, and creating DNA. In addition to seafood zinc is found in spinach, pumpkin and squash seeds, cashews, pork, baked beans, and mushrooms.
Catering

We would like to take this opportunity to (re)introduce Vickey Moutsopoulos as the UW-La Crosse Dining Services Catering Director. Vickey states “There’s nothing quite like the university atmosphere, alive and moving forward as students make their way through their college years. The spirit is alive... as it is with my coworkers too! Yup, it’s good to be back!”

Vickey can be reached at 608-785-6485 or vmoutsopoulos@uwlax.edu.

To place a catering order, log onto www.uwl.catertrax.com.

Retail

Construction is well under way on the new Badger Street Station in Whitney! It might not look like much right now, but it will be put together, polished, and ready to go for students this fall!!

What’s New?

When Whitney Center reopens in the fall, there will be many new and healthy options for the students to choose; vegetarian/vegan, salads, pizza/pasta/calzones, home style meals, deli sandwiches, and so much more!
Parmesan Roasted Broccoli
Yield: 4 Servings

Ingredients
1 ½ pound broccoli, cut into florets
3 Tbsp. olive oil
1 Tbsp. lemon juice
2 garlic cloves, minced
¼ cup grated parmesan cheese
Salt and pepper to taste

Preparation

1. Preheat oven to 425°F. In a large bowl toss broccoli, olive oil, lemon juice, and garlic.
2. Spray baking sheet with cooking oil. Arrange broccoli on baking sheet in a single layer.
3. Roast for 20 minutes. Broccoli will be browned.
4. Transfer broccoli back to large bowl, toss with parmesan, salt, and pepper.
5. Serve immediately.

Nutrition Information:
Calories: 185 |Total Fat: 13g |Sat Fat: 3g |Sodium: 178mg |Total Carb: 13g |Fiber: 7g |Sugar: 0g |Protein: 2g