

THE FOODIE INSIDER

Monthly Newsletter

DINING INFORMATION



[@TCU_DINING](#)

[@THEHEALTHYFROG](#)

Get your updates and info on health and wellness as well as healthy options on campus.

[@TASTEOFFUNKYTOWN](#)

Gameday food central! Get your updates on what are the specials for gameday!

ALL MENUS ARE POSTED ON
WWW.DINING.TCU.EDU

EMAIL US AT:
DINING@TCU.EDU

SUPPLY CHAIN & LABOR SHORTAGE

As many of y'all know, there is a nationwide supply chain and labor shortage impacting the foodservice industry. Our team kindly requests patience and flexibility throughout the semester as we find solutions. Students will never lack options, but menu items may change based on product availability. We are very fortunate for our talented chefs and cooks that can adjust menu options and continue to serve the same quality and service in all our campus locations. All menu changes and updates can be found on our social media [@TCU_Dining](#) or our website www.dining.tcu.edu. If a student has questions or concerns about a menu item or the changes, please feel free to email us at dining@tcu.edu.

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HOW TO USE YOUR MEAL PLAN

King Family Commons Building (KFCB)

O'Brien's
Entrée + fries + fountain drink    = MS

Caliente
Breakfast+side+ Ozarka bottled water or fountain drink    = MS

Lunch+ fountain drink or Ozarka Bottled Water   = MS

The Press
Entrée + Ozarka Bottled Water   = MS

Magnolias
Entrée+ 2 sides + fountain drink    = MS

Campus Wide

Simply to go CC

Sushi Mama CC

Rec Center

Rollin n Bowlin ER

Brown Lupton University Union (BLUU)

Fortellini at Union Grounds
Entrée + Ozarka Bottled Water or fountain drink   = MS

Chick-til-A ER

East Campus

Kinder
Entrée + Ozarka Bottled Water   = MS

Bistro
6inch + chips + fountain drink or Ozarka Bottled Water    = MS

Salad + fountain drink or Ozarka Bottled Water   = MS

A La Cart
Campus cash CC

Tuk Tuk
Campus cash CC

 Entrée  Side  Drink MS Meal Swipe ER Exchange rate of \$7.50 CC Campus Cash

- **How many swipes can I use in a day?**
 - 6 swipes per day maximum
- **Do my swipes roll over if I don't use them all?**
 - Meal swipes do not roll over.
- **When is the last day I have to use my 19 swipes?**
 - Meal swipes must be used between Monday - Sunday. The 19 swipes reset Monday morning.
- **What happens if my meal is over the \$7.50 value?**
 - You have two options:
 - use campus cash, frog bucks, credit, debit, or cash for the remaining balance
 - use a second meal swipe
- **I want to self isolate or quarantine due to COVID, can I get my meal to-go?**
 - Yes! All retail units offer a to-go option. The only location that does not have a to-go option is Market Square.
 - If you want to stock up you can also grab our Simply To Go options in our coolers at Union Grounds, Bistro, Kinder, or the press for a later meal.
- **Is coffee considered a meal swipe?**
 - No - Starbucks, Peet's, and Community Coffee locations are campus cash, frog bucks, credit, debit, or cash only
- **Can we use a meal swipe for Simply To Go or Sushi?**
 - Both options are campus cash, frog bucks, credit, debit, or cash only.

WHAT'S HAPPENING?

8/25 - Welcome Home Party!

Market Square | 11:00 am - 1:00 pm

Pasta Sundays back at Caliente!

Every Sunday | 5:00 pm - 8:00 pm



NEW SEMESTER TIPS

The start of a new semester brings exciting opportunities, but can also be challenging to navigate. Here are some tips to make sure you start off on the right foot!



Get organized -- Being in control of your classes and other commitments is essential to make sure you're not stressed throughout the semester. Carefully read your syllabi before your first day of class and note important deadlines and exam dates.

Stay involved -- The beginning of the semester is the perfect time to connect with new classmates or join a new organization. There are so many opportunities to get involved on campus, so make sure to utilize them to make friends, stay active, or get new hobbies.

Don't be afraid to ask for help -- Your professors and RAs are always willing to help, so don't be afraid to reach out! Note professors' office hours and keep them handy in case you have any questions throughout the semester.

Take breaks and enjoy yourself -- An important part of having a successful semester is ensuring that you're pacing yourself and taking breaks when you need them. Whether you're hanging out with friends, going on a walk, or taking a study break, it's always a good idea to practice self care and prevent yourself from feeling burnt out.



RECIPE OF THE MONTH



EASY BURRITO BOWL (DORM-FRIENDLY)

INGREDIENTS:

- 1/2 cup spinach
- 1/4 cup canned corn, drained and rinsed
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup microwaveable grain of choice (brown rice, quinoa, etc.)
- 1/3 cup colorful bell peppers, chopped
- Juice from 2 limes
- 1/2 tsp. garlic powder
- 1/2 tsp. cumin
- 1/4 tsp. chili powder
- cayenne pepper to taste
- salt and pepper to taste
- 1/4 cup shredded cheddar cheese or nutritional yeast
- avocado slices
- salsa of choice
- cilantro for garnish (optional)

DIRECTIONS:

1. Heat grain of choice in the microwave according to package directions. Set aside
2. In a separate bowl, add black beans and corn. Mix in garlic powder, cumin, chili powder, cayenne pepper, salt, and pepper. Squeeze lime juice and combine.
3. Assemble your bowl. First, add spinach, then top with rice, beans, corn, peppers, and cheese. Top with salsa, avocado slices, and cilantro for garnish. Enjoy!