SPRING BREAK HOURS

EVENTS FOR THE MONTH

NATIONAL NUTRITION MONTH
BALANCED DIET IS NEEDED FOR GOOD & HEALTHY BODY

SUCCESS OF THE BLUU BUDDHA BOWLS
WHAT DID IT TAKE TO CREATE THE MOST LOVED CONCEPT AT THIS STUDENT VOTED POP-UP RESTAURANT?

BUILDING A HEART SALAD
UNSURE ON HOW TO NAVIGATE THE SALAD BAR AT MSQ? WE GOT YOU!
# Spring Break Hours

*From 3/5 - 3/12 meal swipes will be inactive. However, students may use their campus cash and frog bucks at any of the open locations*

## King Family Commons Building

<table>
<thead>
<tr>
<th>Location</th>
<th>Hours</th>
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<tbody>
<tr>
<td>3/4</td>
<td>[Breakfast] 8:00 am - 9:30 pm</td>
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<tr>
<td></td>
<td>[Lunch] 11:00 am - 2:00 pm</td>
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<td>[Dinner] 5:00 pm - 8:00 pm</td>
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<tr>
<td>3/5 - 3/12</td>
<td>CLOSED</td>
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<tr>
<td>3/13</td>
<td>[Brunch] 10:30 am - 2:00 pm</td>
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<tr>
<td></td>
<td>[Dinner] 5:00 pm - 8:00 pm</td>
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## East Campus

<table>
<thead>
<tr>
<th>Location</th>
<th>Hours</th>
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<tbody>
<tr>
<td>3/4</td>
<td>7:30 am - 3:00 pm</td>
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<tr>
<td>3/5 - 3/13</td>
<td>CLOSED</td>
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## BLUU & Rec Center

<table>
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<tbody>
<tr>
<td>3/4</td>
<td>7:00 am - 9:00 pm</td>
</tr>
<tr>
<td>3/5 - 3/12</td>
<td>CLOSED</td>
</tr>
<tr>
<td>3/13</td>
<td>9:00 am - 9:00 pm</td>
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<tr>
<td>3/4</td>
<td>7:00 am - 9:00 pm</td>
</tr>
<tr>
<td>3/5 - 3/6</td>
<td>9:00 am - 5:30 pm</td>
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<tr>
<td>3/7 - 3/11</td>
<td>8:00 am - 5:00 pm</td>
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<tr>
<td>3/12</td>
<td>9:00 am - 5:30 pm</td>
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<td>3/13</td>
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## Performance Athletics Dining

<table>
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<tr>
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<tr>
<td>3/5 - 3/6</td>
<td>Closed</td>
</tr>
<tr>
<td>3/7 - 3/11</td>
<td>10:30 am - 5:30 pm</td>
</tr>
<tr>
<td>3/12 - 3/13</td>
<td>CLOSED</td>
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<tr>
<td>3/4</td>
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</tr>
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<td>3/5 - 3/13</td>
<td>CLOSED</td>
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*Hours are subject to change*
HOMETOWN THURSDAY
Lunch At Market Square
Featuring 3-4 dishes from a different state each week
11AM - 1PM

MARDI GRAS
March 1
Lunch At Market Square
Live Zydeco Band and famous beignets from Dusty Biscuit
11AM - 1PM

ST PATRICK'S DAY
March 17
Lunch At Market Square
11AM - 1PM

FARMER'S MARKET
March 18
Frog Fountain
Enjoy fresh products from local Fort Worth vendors
1PM - 3 PM

PASTA SUNDAYS
Every Sunday Dinner
At Caliente
5:00PM - 8:00PM

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
SUCCESS OF BUDDHA BOWLS

Buddha Bowls at Union Grounds has made a statement with the student body. This location is a student voted pop-up restaurant and was voted with majority vote in December. BBB averaged around 400 people a day the first month it was open which was an extreme increase from prior concepts.

The making of the bowls
Our team did rigorous research, tried flavors from local restaurants, and created the menu with the student body in mind.

What's great about these buddha bowls?
The build-your-own option gives students the ability to make their bowl vegetarian, vegan, or non-vegetarian. There are proteins available for all diets. Each topping is prepped fresh in our kitchen.

Let us know how you build your bowl

#MYBUDDHABOWLTCU
@TCU_DINING
National Nutrition Month is a time to highlight making informed food choices and creating healthy eating and physical activity habits.

**Celebrate a World of Flavors in 2022**—Celebrating all people's cultural heritage, practices, and recipes is a tasty way to nourish ourselves, learn about one another, and appreciate our diversity. Dietitians help people create healthy habits while honoring their cultural foods and heritage.

**Blueberries** -- For National Nutrition Month, a theme is encouraging consumers to eat a blue as part of an overall healthy diet and lifestyle. Whether fresh or frozen, blueberries offer an assortment of healthy vitamins and minerals, including vitamin C, vitamin K, manganese, phytonutrients, and fiber.

**Registered Dietitian Nutritionist Day**—is March 9th, 2022. Registered Dietitian Nutritionists are an essential part of the health care team. Many RDNs help patients and clients control and lower their risk of chronic conditions by providing medical nutrition therapy.
Chicken, carrots, cherry tomatoes, over a bed or lettuce, and topped with croutons.

Sautéed Vegetables, cucumber, bell peppers, over a bed of greens, and topped with croutons.

**Ways to build a Nutrient-Dense Meal**

Fill your bowl with an assortment of veggies, serve with your choice of protein, and top with your favorite salad dressing. This will help you receive fulfilling sources of carbohydrates, protein, and fat. With around 30 various toppings at the salad bar in Market Square that should be no problem at all!

**Tip:** Try to make a colorful bowl by assorting your bowl with different fruits and vegetables for different sources of vitamins and minerals!

**Want more toppings?**

Find fun toppings at the sandwich bar: peppers, olives, red onion, and more!

Follow @Healthyfrog for more great tips
LABOR & SUPPLY CHAIN SHORTAGE

As we go into the spring semester we would like to remind our fellow Horned Frog family that we are still struggling with labor shortages and supply chain challenges will impact the availability of items. Our goal is to make sure to take care of the needs of our Horned Frogs and this will continue to be our focus as we go through the semester.

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.
VEGETARIAN OPTIONS

KING FAMILY COMMONS BUILDING

CALIENTE
mexican, fresh.

Buttermilk Pancakes
Scrambled Eggs
Potato & Butternut Squash
Vegetarian Tacos,
Nachos, Burrito, Plato
Chips and Salsa
Chips and Guacamole
Chips and Queso

O’BRIEN’S

Veggie Burger
Grilled Cheese
Onion Rings
French Fries

Vegetarian Tacos,
Nachos, Burrito, Plato
*Build your own - option of rice,
beans, and toppings

BLUU
BUDDHA BOWLS
Build your own bowl to be vegan or vegetarian with
options of chickpeas, tofu, and falafels as protein options.

Every meal period has a vegetarian entree option as well as a
salad bar where you can build your own salad

EAST CAMPUS

bistro
BURNETT

Vegetarian Sandwich
Build Your Own Sandwich

KINDER CAFE

Mediterranean Flatbread
Hummus, Feta Cheese, Red Onion, Roasted Red Pepper, Black Olive, Cucumbers, Roasted Tomato
Avocado Toast
Avocado, Roasted Tomatoes, Radish, Pickled Onion, Feta, Arugula, Sourdough
Mushroom Toast
Garlic Mushrooms Roasted Tomato, Parmesan, Pesto, Sour Cream, Arugula, Sourdough
Za’atar Toast
Hummus, Cucumber, Roasted Tomato, Black Olive, Feta, Za’atar, Mint, Arugula, Sourdough
Margherita Panini
Tomato, Mozzarella, Parmesan, Basil, Pesto
Vegetarian Panini
Hummus, Garlic Mushrooms, Roasted Tomato, Mozzarella, Red Peppers, Avocado, Arugula

REC CENTER

Super Monkey Bowl
Train Your Dragon Bowl
Coco Loco Bowl
Let That ManGo Bowl
Guac My World Bowl
The Banana Stand Smoothie
Don’t Kale My Vibe Smoothie
Loaded Avocado Toast
Nuts for Nanners Toast

BLUU

Southwest Salad
Market Salad
Side Salad
Hash Browns
Fruit Cup
Greek Yogurt Parfait
Waffle Fries
Frosted Lemonade
Ice Cream Cone
Milkshake

Looking for vegetarian options around campus? Here is a guide to help you.
E-mail dining@tcu.edu about any questions.
*Menu items subject to change based on product availability*

MARCH
THE FOODIE INSIDER
# Meal Plan

## King Family Commons Building (KFCB)
- **O’Brien’s**
  - Entrée + fries + fountain drink
  - Meal Swipes (MS)
- **Caliente**
  - Breakfast + side or Ozarka bottled water or fountain drink
  - Lunch + fountain drink or Ozarka Bottled Water
  - Meal Swipes (MS)
- **The Press**
  - Entrée + Ozarka Bottled Water
  - Meal Swipes (MS)
- **Magnolias**
  - Entrée + 2 sides + fountain drink
  - Meal Swipes (MS)

## East Campus
- **Kinder**
  - Entrée + Ozarka Bottled Water
  - Meal Swipes (MS)
- **Bistro**
  - 6 inch + chips + fountain drink or Ozarka Bottled Water
  - Meal Swipes (MS)
- **A La Cart**
  - Campus cash
- **Tuk Tuk**
  - Campus cash

## Brown Lupton University Union (BLUU)
- **Fortellini at Union Grounds**
  - Entrée + Ozarka Bottled Water or fountain drink
  - Meal Swipes (MS)
- **Chick-fil-A**
  - ER

## Campus Wide
- **Simply to go**
  - CC
- **Sushi Mama**
  - CC

## Rec Center
- **Rollin n Bowlin**
  - ER

## FAQ
- **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 rollover.
- **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?**
  - Menus items have been designed to the $7.50 exchange value, so students are able to get a complete meal.
- In an effort not to exclude our partners and give true exchangeability across campus, we created a true dollar-for-dollar exchange up to $7.50 at Chick-fil-A and Rollin n’ Rollin. 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.