



# Monarch Dining

September 2009

[www.odu.edu/monarchdining](http://www.odu.edu/monarchdining)

## Welcome Back to Campus!

### Greetings!

For those of you who are new to campus, welcome to ODU and for those of you who are returning to campus for another semester, welcome back! Dining Services has been staying quite busy over the summer in preparation for a truly exciting school year. We are excited to have several new locations opening including The BBQ Pit in House of Blue Café food court, Einstein Bros. Bagels in the Student Rec. Center, P.O.D. Market in Dominion House, and Legends in Whitehurst Hall.

**But this isn't even the half of it. There are so many other exciting things going on in Dining Services as well.** So please take the time to read through this newsletter to find out about all that is going on. On behalf of the Monarch Dining Staff, welcome and have a wonderful semester.

Janet McLaughlin, Director, Monarch Dining

### Spotlight

Need help deciding which meal plan is right for you? A Meal Plan Wizard is available at [www.odu.edu/monarchdining](http://www.odu.edu/monarchdining) to guide you in the right direction!



## Fall Meal Plan Sign Up

If you have not already signed up for a meal plan, then we encourage you to do so. Residential students should have signed up for their meal plan during the housing application process. Commuter students and those students living in the University Village are able to sign up for a meal plan at any time during the semester by stopping by the Card Center in Webb Center or by visiting the Card Center website at [www.odu.edu/cardcenter](http://www.odu.edu/cardcenter).

If you find that you would like to change the meal plan that you have selected, you have a limited window of time to do so. For Fall 2009, you are able to change your meal plan from August 24 – September 13. All meal plan changes must be made on line at the Card Center website at [www.odu.edu/cardcenter](http://www.odu.edu/cardcenter). Fall semester meal plans are valid August 27 – December 18.

There are nine different meal plan options to choose

from to suit your eating habits and schedule including the Unlimited Plan, Weekly Plans, and Block Plans. In addition, meal plans come with Flex Points that are accepted at all Monarch Dining locations.

Not sure which meal plan is best for you? A meal plan wizard is available to help guide you in the right direction at [www.odu.edu/monarchdining](http://www.odu.edu/monarchdining).

Visit us online to meet our staff, find out more info, **or just to see what's going on** with Monarch Dining!

1200 Webb Center  
Norfolk, VA 23529

757-683-3342 (phone)  
757-683-4228 (fax)

Email: [dining@odu.edu](mailto:dining@odu.edu)

[www.odu.edu/monarchdining](http://www.odu.edu/monarchdining)

Unlimited Meals/WK + 100 Flex Points  
14 Meals/WK + 300 Flex Points  
10 Meals/WK + 350 Flex Points  
5 Meals/WK + 300 Flex Points

Block 225 + 300 Flex Points  
Block 160 + 350 Flex Points  
Block 80 + 300 Flex Points  
Block 50 + 125 Flex Points  
Block 25 + 100 Flex Points

## New Additions to Monarch Dining

We are very excited because we have four new dining locations opening: Einstein Bros. Bagels, the P.O.D. Market, the BBQ Pit, and Legends. Einstein is located in the Student Rec. Center and the P.O.D. Market is close by, located on the first floor of Dominion House, one of the newest residence halls in the Quad. The BBQ Pit is one of our House of Blue Café food court locations and Legends is now in Whitehurst Hall.



Einstein's provides delicious foods in a quaint neighborhood setting. This popular national brand is the first in the Hampton Roads area and provides an extensive menu of bagels, sandwiches, soups, coffees, and menu items for every day part.



The P.O.D. market mixes the corner store atmosphere with that of a modern market and is fully equipped with

delicious prepared meals in a hot case, frozen food items, fresh produce, and personal hygiene products. The P.O.D. Market also offers pizza by the slice and made-to-order 6" and 12" subs. The P.O.D. is also now accepting meal exchange. Visit the P.O.D. Monday - Friday between 11:45am - 1:15pm, select from the meal exchange menu and use a meal swipe for your lunch.

In addition to these brand new locations, we have made changes to two other locations to better meet the needs of our students. Therefore, new this fall we have Legends in Whitehurst Hall and The BBQ Pit in the House of Blue Café food court.



Complete with LCD TVs and a lounge area, Legends is a sports themed location that highlights many ODU sport legends

and is sure to be a hit. Offering made-to-order sandwiches, stir fry, a nacho bar, grill, and more, dine at Legends for a great meal and a great atmosphere to enjoy with your friends. Want to stop by Legends for lunch? There will be a Whitehurst Dining shuttle running Monday - Friday from 11:30am - 1:30pm that will take you to and from Legends and Webb Center.



New to the House of Blue Café food court, the BBQ Pit serves a variety of delicious BBQ entrees including pork, chicken, and beef BBQ, and vegetarian meat riblets. Daily specials will be offered as well to include fried chicken, beef brisket, sloppy Joes and more. So if you would like some delicious home cooking, stop by The BBQ Pit.

## Football 2009: Go Monarchs!

Monarch Dining is extremely excited and anxious for the start of football this fall. Therefore, we are definitely doing our part to make your Old Dominion football experience terrific.

We will be operating two concession stands on each side of the Foreman Field that will carry hot dogs, popcorn, candy, cold drinks and more. In addition, there will be a variety of tents located along the fence line to include brands such as Dippin' Dots, Domino's Pizza, and Boar's Nest BBQ. Hawkers will also be traveling up and down the stadium stairs with snacks



and treats that you are able to purchase right there at your seat.

There will also be student tailgating and cook-out opportunities available through our Monarch Catering department if you are interested in celebrating and supporting the team before the game. Menu items from the student tailgate menus come cooked and ready to eat. Feel like grilling out on one of ODU's provided grills? Order from the student cookout menu and grill it yourself! Go Monarchs!

## Where to go to be in the know...

Got questions about dining? Many of your questions can be answered by visiting the Monarch Dining website at [www.odu.edu/monarchdining](http://www.odu.edu/monarchdining). Our website provides daily menus for our all-you-care-to-eat dining locations as well as nutritional information for all menu items. You can also visit the *Fresh and Healthy* section to find tips on creating a balanced life-long approach to healthy eating, tips on food preparation, and recipes.



The *What's New* tab gives you the latest information about theme meals, special events and promotions, coupons, and more. Also check out our *Sustainability* tab that gives information about the steps Monarch Dining is taking to go green.

You can also visit our website to give feedback, find hours of operation for all Monarch Dining locations, and a food map that outlines where all Monarch Dining locations are. So visit us

at [www.odu.edu/monarchdining](http://www.odu.edu/monarchdining) to learn more.

Want to be added to the Monarch Dining distribution list? Email us at [dining@odu.edu](mailto:dining@odu.edu) to find out about theme meals, special promotions, and events Monarch Dining will be holding. Also send us an email with your feedback on how Monarch Dining is doing and in what areas we can improve.

# [www.odu.edu/monarchdining](http://www.odu.edu/monarchdining)

## A Jam Session

There is no question that the Jam Rewards program on our campus has been an absolute success and we hope that it will be an even bigger success as we welcome more students to campus! We have had over 90 students win great prizes so far including Nintendo Wii consoles and Wii Fit boards, 32" LCD TV, \$500 gift card to Best Buy, \$1000 cash, Flip Video Camcorder, and many other great prizes.

For those students who are new to campus, we encourage you to log on to

the Jam Rewards website at [www.jamrewards.com](http://www.jamrewards.com) and register today. The Jam Rewards program is FREE and rewards you for eating on campus. Here is how it works: Jam Rewards hosts several sweepstakes throughout the year and there are many ways to collect entries so that you can be the next winner. Purchasing a meal plan, spending \$5.00 or more when you use cash, credit, Monarch Plus, or Flex Points at any Monarch Dining location, and playing games on-line, all will help you gain entries into the sweepstakes.

Visit [www.jamrewards.com](http://www.jamrewards.com) to register for this FREE program, play games, and enter to win. The rewards are truly sweet with Jam Rewards! Be on the look out for Jam Rewards tables, events, and the famous Jamonkey around campus for free giveaways and your chance to win additional entries into the sweepstakes.



# [www.jamrewards.com](http://www.jamrewards.com)



*green thread* **Be Green on the Go** *green thread*

In an effort to increase our sustainability efforts, Monarch Dining will be piloting a new eco to-go container system at Rogers Café. We will be transitioning from the disposable to-go containers that have been used in the past, to reusable to-go containers that can be washed and reused 500 times.

Here is how it works. These to-go containers will only be available for use in Rogers Café. When you first request to take out your meal, you will receive an eco take-out container. The cashier will swipe your ODU ID card which will indicate that a container has been given out to you.

The container is re-useable so do not throw it away. It needs to be returned to either Rogers Café or to the Gresham C<sup>3</sup>. We do ask that you rinse or wipe the container out before it is returned. The cashier will then swipe your ODU ID card, which will indicate the container is returned. We will clean and sanitize these containers and they will be reused.

Monarch Dining is always trying to take steps to lessen our environmental footprint. We do appreciate your cooperation and participation as we try to become greener. We would love to hear your feedback about this new eco to-go container. Contact us at [dining@odu.edu](mailto:dining@odu.edu) and let us know

what you think.

Please visit [www.odu.edu/monarchdining](http://www.odu.edu/monarchdining) under the sustainability tab to find out other ways Monarch Dining has gone green.



## Recognize these Monarchs?

Recognize any of these Monarchs who were caught on camera during the spring semester Monarch Dining events?



**The Way to Pay!**

[www.odu.edu/cardcenter](http://www.odu.edu/cardcenter)



**Like surprises?**

Want to receive a care package? Fill out your wish list at

[www.hipkits.com](http://www.hipkits.com)

**Remember to visit...**

[www.odu.edu/monarchdining](http://www.odu.edu/monarchdining)

For menus, nutritional information, news, and events

[www.jamrewards.com](http://www.jamrewards.com)

To register, play games, and enter to win great prizes

[www.odu.edu/cardcenter](http://www.odu.edu/cardcenter)

For meal plan and Monarch Plus info