

A Word from “Director Mike”



In our previous newsletter (May, 2013), we announced the achievement of five nationally acclaimed dining awards comprised of three gold and two bronze. During

this past summer, our dining hall was presented with a coveted grand prize award in the category of Catering Online Menu. We were proud to accept this award on behalf of all our hard-working staff.

Every year NACUFS (National Association of College & University Food Service) recognizes excellence in collegiate dining with the Loyal E. Horton Dining

Awards. Over the past 14 years, we have received 52 Loyal E. Horton Dining Awards that are displayed in the front entrance of the dining hall.

These awards are the result of the continuing effort from our enthusiastic and supportive staff as well as the collaboration and feedback from the Hendrix community.

What is “Mike Speaks”?

“Mike Speaks” is a newsletter distributed by Dining Services to educate the Hendrix community on all the new and exciting things that are going on in the department.

The Burrow

Mon-Thurs

7:30 a.m.-3:00 p.m.

Friday

7:30 a.m. –12:00 a.m.

Saturday

4:00 p.m.-12:00 a.m.

Sunday

7:00 p.m.-12:00 a.m.

Dietitian’s Corner: Navigating the Caf



The wide variety of choices in the dining hall can be overwhelming and navigating your way throughout can be a difficult task if you are tempted by the pizza, burgers, and fries. Taking the time to build a more nutritious plate can be easier than you think with just a few basic tips:

- Start with fruits and vegetables. Set a goal of filling up at least half your plate. To keep things interesting and to get the most nutrients in

your diet, vary your choices daily.

- Limit sugary drinks, choose water or milk.
- If beef or chicken patties off the grill have been your primary protein sources, try combining these other options with your meal.

- ◇ Lean deli meats atop a salad
- ◇ Beans
- ◇ Cottage cheese
- ◇ A cup of milk
- ◇ Experiment with tofu, shrimp or chicken chunks at the wok
- ◇ Include yogurt off the salad bar in your smoothie or combine yogurt with fruit as a dessert
- ◇ Check the Homestyle line

for healthy items such as grilled/baked chicken breast, tilapia or cod. A vegan entrée quite often includes beans, tofu or quinoa.

- Complete your meal with a whole grain option (brown rice, whole wheat bread, or wheat pasta)

If you have questions on more nutritious ways to add variety to your diet or to set up some dietary goals, please don’t hesitate to contact me. Hendrix College offers free nutritional counseling to students, so if you have questions about food allergies or have other dietary concerns, email me to set up an appointment at Mosleyc@hendrix.edu.

How to Contact Us

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450-1309

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<http://www.hendrix.edu/diningservices>

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Facebook
& Twitter



Employee Spotlight: Bonita Williams, Salad Bar



Bonita Williams is beginning her fifth year in the dining hall helping to prepare the fresh ingredients on our salad bar. She says, "I love the beautiful campus and watching the kids come and grow with us. The salad bar to me is the perfect place to inter-

act with the students, and all the walking I do helps to keep me healthy." Bonita grew up in Conway, but spent 20 years in the Dallas area developing a fondness for that region and the entire state of Texas. She worked several years in the printing paper industry as a customer service manager for Butler Paper. Then unexpectedly, she took on the responsibility of managing a block of apartment houses near the University of Texas at Arlington. This became her first experience

working with the college community. When at home, Bonita enjoys taking care of her five dogs and African grey parrot, Sami, who calls her by name. She finds time to relax by reading, listening to the Blues, and burning incense or candles. With her love of nature and spending time outdoors, her favorite places in Arkansas are Eureka Springs and the Buffalo River. Those that know her well are aware that she is affectionately close to her sib-

lings. Her sister Peggy works in our Bakery and brother Rick and sister Paula own That 70's Store in Conway. One proud moment in her life happened very recently when her daughter Heather graduated from the University of Central Arkansas at the age of 40 with her degree in Addition Science. Bonita also feels close to the dining staff, asserting, "I love my co-workers here and enjoy working with them on a daily basis."

Peanut Free Table

You may have noticed some changes lately with the peanut butter. Due to the increasing number/severity of peanut allergies on campus, the peanut butter will now always remain at the wall to the right nearest the door. Please use caution when serving yourself peanut butter to not get it on any other areas. We also have designated a "peanut free" table in the dining room. Thank you for your cooperation and understanding as we try to give everyone the best possible dining experience!

We Love to Celebrate Birthdays!

Each day the menu board displays names of students who are having a birthday. When a student with a birthday has entered the dining hall, please notify one of our staff. As a special treat, we will present them with their very own birthday cake and a song. Thank you for your participation.



"Happy, Happy Birthday.
We're really glad you came.
Happy, Happy Birthday
From the Hendrix Gang.
We really are excited.
We wish for you the best.
Happy, Happy Birthday
to our special guest."

(We have gluten free cakes available. Please contact Michael Dillion at least a week in advance so we can make special arrangements for your upcoming birthday. dillion@hendrix.edu)

Attention Students

If you are interested in working part-time in our catering department, please contact Cecilia Driver at 450-1309 or Driver@hendrix.edu.

Recipes from Home

Have you noticed our *Recipes from Home* house located on the Homestyle line? If you have a special family recipe you would like our chef to replicate and share with everyone on campus, please fill out a recipe card and drop it in the house. Every recipe will be considered. Don't forget to put your name on it, so we can contact you if necessary.