

# The Scoop

September 2018



Dear Southeast Community,

Here we are - a full month into the school year! With September means Fall peeking around the corner; especially since Starbucks has officially released the famous Pumpkin Spice Latte! This month we have several events planned to liven up your on-campus dining experiences. Throughout our locations, we are offering special limited time offers such as a Black Bean Pita at Houck's Place, or Power Salad at Chop'd and Wrap'd. Our superfood this month is apples; read below for a delicious apple pie pancake recipe from Katie Diebold, the Chartwells registered dietitian. May you have another great month!

Best,

Alicia K. Ticer, Editor  
Director of Marketing and Student Engagement  
Chartwells at Southeast Missouri State University



## Upcoming Events



### Healthy Campus Eating Presentation

10 - 11 a.m.

Tuesday, Sept 18

University Center

please RSVP to [katie.diebold@compass-usa.com](mailto:katie.diebold@compass-usa.com)



### Premium Night

5 - 8 p.m.

Tuesday, Sept 20

Towers Cafe



### Chartwells Teaching Kitchen

2:30 - 3:30 .m.

Wednesday, Sept 12

Towers Cafe

pre-register to [alicia.Ticer@compass-usa.com](mailto:alicia.Ticer@compass-usa.com)



### Endless Plate

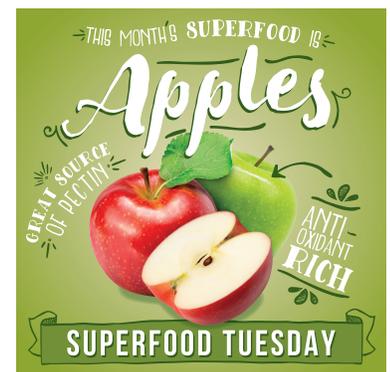
5 - 8 p.m.

Tuesday, Sept 18 & Thursday, Sept 27

Redhawks Market

### Superfood: Apples

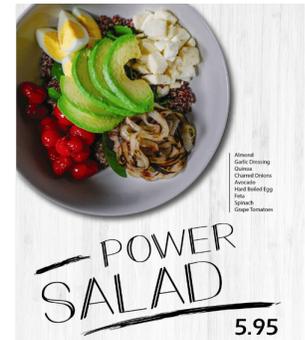
Visit our table in Redhawks Market for more information! Or join us on Tuesdays at Towers Café to try our Superfood specials!



# Retail Specials

## Chopd and Wrapd: Power Salad

salad, 5.95  
combo with Gold Peak Tea, 7.79



## Beans Bagels:

### BLT Everything Bagel

Bagel, 4.99  
combo with Gold Peak Tea, 6.89



## Houck's Place:

### Black Bean Pita

pita, 4.99  
combo with 20oz bottled bev, 6.89



## GrillNation, Rowdy's, St. Vincent Commons:

### Nacho Burger

burger, 7.09  
or combo 20oz water, 8.95



## SPECIAL RETAIL BUNDLES:

Purchase a Minute Maid Juice and Get a House Made Muffin for 1.50

Purchase Any Doritos Chip and Get an Aquafina Water for \$1

# Community

# Happening This Month

**September 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. All Locations Closed. Scheduled Power Outage.
2.	3. 	4.	5.	6.	7.	8. Happy Family Weekend!
9.	10.	11. Balanced Breakfast with Katie RD! Towers Café 7:30 - 9 a.m. 	12. 	13. 	14. 	15.
16.	17.	18. Healthy Campus Eating University Center 10 - 11 a.m.  Endless Plate American Classics Redhawks Market 5 - 8 pm	19.	20. Premium Night Towers Cafe 5 - 8 pm	21. 	22.
23.	24. Ask The RD! St. Vincent's Commons 11 a.m. - 1 p.m.	25.	26.	27. Endless Plate American Classics Redhawks Market 5 - 8 pm	28.  	29.
30.  Celebrating National Ghost Hunting Day					 chartwells where hungry minds gather	

# The Positive Pulse

with Katie Diebold, RD LD, Chartwells Registered Dietitian

## Eating Well On Campus

College can be a difficult time for students when it comes to food. You finally have the freedom to choose your own meals without your parents telling you no! All of the pizzas, fried foods, and yummy desserts available to you everyday can be very tempting! Follow these tips to avoid the "Freshmen Fifteen"

**Add veggies each lunch and dinner:** Whether it is a side salad or side of roasted vegetables, make sure veggies are apart of your meal! They are low in calories and fat but still high in fiber and nutrients!

**Choose whole grains:** When you can, try to pick whole grain items. You want to aim for 50% of your daily grain intake to be whole grain. They will provide you with more fiber and B-vitamins.

**Increase your fruit intake:** Try to have fruit with each meal! Breakfast is a great way to get your fruit intake up by adding them to your cereal, oatmeal, and smoothies

**Don't forget dairy:** Try to get some type of dairy 3 times per day. This could be a glass of milk, cup of yogurt, or a small amount of cheese on your salad. Just remember to choose low-fat options!

**Choose lean protein:** When choosing your main entrée items, make sure you choose lean proteins. These include chicken, turkey, pork loin, and more! How those proteins are prepared is important too! Look for grilled or baked options rather than fried.

**Indulge every now-and-then:** That's right, this dietitian is telling you to indulge! The key is to keep the portion size small and make sure it is not all the time. Restricting yourself too much can lead to you over indulging. So treat yourself every once in awhile!

## Superfoods: Apples

It is no surprise that apples are this months superfood. They are perfect for fall weather with their crisp texture and sweet taste. They are a great source of fiber, especially if you eat the peel! You can slice them up with some peanut butter, bake into an apple crumble, or eat them as is. Anyway you eat them you will benefit from their low-calorie goodness!



## Balanced Bite

Apples come in a variety of colors, all of which will provide slightly different nutrients

# Apple Pie Pancakes

### Ingredients:

- 1 ¼ cups oats
- 1 large egg
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon honey
- 1 cup regular or almond milk
- 2 tablespoons greek yogurt
- 1 teaspoon cinnamon
- 1 apple, sliced



### Directions

1. In a food processor, grind up oats until they are the consistency of flour.
2. In a large bowl add the oat flour, baking powder, baking soda, and salt.
3. Mix together.
4. Add in the honey, milk, yogurt, and cinnamon, whisk until combined
5. Heat a pan over medium heat and spray with cooking spray.
6. Pour ¼ cups worth of batter into the skillet. Wait until some bubbles start to form and then add a few apple slices on top.
7. Cook for 2 minutes and then flip pancake over.
8. Cook for about 3 more minutes.
9. Enjoy!

## Premium Night - Welcome Back BBQ!

Tuesday, August 28 was our first premium night of the semester! Chef Matt Wilson and the Towers Culinary team hit it out of the park with favorites from home, like green bean casserole, homestyle meatloaf and classic style BBQ'ed wings, pizza and more. Guests got a glimpse of what is possible from our new smoker thanks to the smoked pork butt with peach BBQ sauce. Everyone is invited to Premium Nights! For more information visit our Facebook Page, @SoutheastDining.



## Back to School!

On Sunday, August 19 we prepared dinner for the Southeast community at the annual Back to School Picnic!

Guests dined on burgers, vegetable lasagna, chips and queso, vegetables and more! We love participating in this welcoming week festivity every year!



## Build, Pizza by Design

This semester we have a new pizza concept inside Redhawks Market! Build, Pizza by Design provides several Italian inspired personal sized pizzas, like the Caprese Pizza made with mozzarella, tomatoes and basil or the Steak and Gorgonzola, made with steak, gorgonzola, tomatoes and spinach. Most of all, you can build your own pizza from premium selected toppings! Coming this semester, we will host a competition for a student designed pizza to be named, the Girar-dough! Come try a Build pizza today for lunch or dinner!



## The Team

All of us at Chartwells send our best wishes that your semester is off to a great start! We cherish the partnership we have with Southeast Missouri State University for over 25 years. We look forward to another great semester with you!



youfirst



## Real People Committed to Service

### Megan Butchmann



We are very excited to add Megan Butchmann as a member of our Chartwells team! Megan, an alumni of Southeast Missouri State University, returns to the Cape Girardeau area as the new Chartwells Administrative Assistant. Megan exemplifies outstanding customer service daily as she graciously welcomes visitors, facilitates Redbuck sales and much more. Thank you for all that you do Megan! We are proud of you!



### youfirst principle:

Chartwells' associates provide a Wow experience every day, every meal and for every guest.