



Welcome

At Keene State Dining we offer **healthy choices** for mind, body and soul. We cook with **trans-fat free oils**, receive **fresh produce daily** and post **nutrition information** directly through our web-based menus. Vegan menu items are available at our Valley Vegan station, and our Balance Mind, Body, Soul wellness program provides valuable interactive & educational opportunities.

This guide is a quick reference to all of our services. Keep it handy throughout the year and enjoy all that we have to offer. Additional information can be found at our website — www.keenestatedining.com.

It is always our goal to strive to meet the needs of Keene State College students as we deliver convenience, variety and unsurpassed service in all of our dining operations. We wish you the very best for your academic year and we look forward to serving you!

Zorn Dining Commons

Featuring two floors of seating with a bright, open floor plan, the Zorn offers a variety of traditional and contemporary options. Our hours of operation offer convenience and our wireless internet capable building makes it practical for you to stay a while and enjoy all we have to offer. Each semester you'll see many special events with popular new menu items, entertainment and prizes. Visit www.forstudentsbystudents.com for more information about some of our dining events.

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|--------------------------|------------------|
| <i>Monday – Thursday</i> | 7:00am – 7:30pm |
| <i>Friday</i> | 7:00am – 7:00pm |
| <i>Saturday</i> | 10:00am – 7:00pm |
| <i>Sunday</i> | 10:00am – 7:30pm |

STATION DESCRIPTIONS

Appian Way Pizzeria - Featuring breakfast pizza, egg sandwiches, calzones, soups and pizza specials

Monadnock Grill - Bar seating and specials complete our traditional grill menu

Elm City Eatery - Experience home-style meals prepared right before your eyes

Valley Vegan - Here you'll find health conscious vegan selections, including whole grains and organic options

Madison Street Deli - Try your made-to-order sandwich as a hot Panini

Granite State Salad Company - A traditional salad bar, 2 soups and a contemporary composed salad are offered daily

Global Cuisine - Offering our traditional made-to-order stir-fry concept and frequent specials

Beverages - A full selection of soda, juice, milk and hot beverages are available at each meal

Dessert - Fresh baked pastries & muffins are offered each morning; a wide selection of traditional & specialty desserts are presented at lunch & dinner

Breakfast Nook - Yogurt, cereal & bagels are available all day

HOOT-N-SCOOT

Located at the North entrance of the Zorn Dining Commons, the Hoot-n-Scoot offers a to-go program for board meal participants. Select entrées, sides and beverages from our updated menu. Cash, Keene Kash, and FLEX are also accepted.

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|--------------------------|------------------|
| <i>Monday – Thursday</i> | 11:00am – 9:00pm |
| <i>Friday</i> | 11:00am – 3:00pm |

Student Center Dining

LLOYD'S MARKETPLACE

Located in the heart of the Young Student Center, Lloyd's Marketplace offers hot breakfast, fresh made-to-order cold and hot Panini sandwiches, Grill and Pizza, homemade soups, daily specials, a Smart Market and Casual Bakery to-go program and a wide variety of soda, juice, cold teas and energy drinks. Throughout the academic year we feature seasonal menu items with our Limited Time Offer series along with free give-aways and many opportunities to win prizes.

| | |
|--------------------------|------------------|
| <i>Monday – Thursday</i> | 8:00am – 10:00pm |
| <i>Friday</i> | 8:00am – 8:00pm |
| <i>Sunday</i> | 2:00pm – 10:00pm |

BEAN & BAGEL

Offering fresh brewed Green Mountain Coffee, seasonal hot cider and iced coffee, hot chocolate, vanilla chai, toasted bagels and fresh baked pastries and desserts. A hot food menu supplements the offerings outside of Lloyd's regular hours of operation.

| | |
|--------------------------|-------------------|
| <i>Monday – Thursday</i> | 7:00am – 11:30pm |
| <i>Friday</i> | 7:00am – 10:00pm |
| <i>Saturday</i> | 8:00am – 10:00pm |
| <i>Sunday</i> | 10:00am – 11:30pm |



NIGHT OWL CAFÉ

The NOC Sizzler is authentic pita bread stuffed with a variety of fillings served with a special sauce and potato chips. NOC sizzlers may be purchased with a board meal or with cash, Keene Kash or Flex.

Monday – Friday 11:00am – 2:00pm

Selecting Your Meal Plan

Having trouble selecting a meal plan? Try considering your daily routine... Do you eat three meals a day? Will your class schedule, studying, co-curricular activities and social events interfere with dining? Will you miss dinner due to employment or evening classes? Anticipating the answers to these and similar questions will help you to select a meal plan that best fits your lifestyle.

Residence hall students must choose either a 12 or 19 meal plan. You have the option of purchasing these plans with "FLEX" (cash added, see Meal Plan Options). If you need to select a plan, make changes to the plan you have already selected or find additional information, please visit www.keene.edu/reslife/dining.cfm. If you have additional questions, stop by the ID Office located in the lobby of the Dining Commons, or call 603.358.2673. Residential Life may also be contacted at 603.358.2339.

PLEASE NOTE: Residential students select a plan for the full academic year. The only changes allowed are to move from a 12 to a 19 meal plan or to add "FLEX." Commuter students can increase their meal plan throughout the year, but can only reduce or cancel their plan during the first 30 days once classes begin each semester.

Using Your Meal Plan

Your meals, meal plan and ID card are non-transferable. The meal plan resets on Sunday. Unused meals are not transferable to the next week. Up to three meals may be used each day.

The Zorn Dining Commons enrolls all meal plan participants on a meal plan access system. The Hoot-n-Scoot and Night Owl Café accept board meals, using a valid student ID card. Valid ID cards are also required to use FLEX and Keene Kash at any location.

Welcome Guests

You are welcome to enjoy a meal at the Dining Commons with a friend or family member. Each semester, students on the 12, 12+ FLEX, 19 and 19+ FLEX Meal Plans receive two passes for a friend or family member.

Meal Plan participants may also pre-buy extra guest passes for this purpose and can do so at great savings. For more information visit www.keenestatedining.com or call the ID Office at 603.358.2673.

FAQ's

Q: Are sick trays available to students with a meal plan?

A: Yes, if you are feeling under the weather and would like to order a sick tray, please contact your Resident Assistant or Director to make arrangements directly with Dining Services.

Q: Do you accommodate particular dietary needs?

A: No problem! Our Campus Dining Services Program can accommodate your special dietary requirements. For more information, please contact our Registered Dietitian at 603.358.2653.

Q: If I don't have time to eat, can food be taken from the Dining Commons?

A: We ask that you please not remove food, dishes or utensils from the Dining Commons. The Hoot-n-Scoot is available for meal to-go options.

Q: What happens if I lose my student ID card?

A: Lost or stolen ID cards can be replaced for a \$25 fee. Should this happen to you, please stop by or call the ID Office at 603.358.2673.

Campus Dining Employment

Earn extra income while on campus. Make friends, have fun and learn something by being a Keene State Dining employee. We offer flexible hours to fit your class schedule, competitive wages and the benefit of working on campus. More information can be found on our website at www.keenestatedining.com.





Meal Plan Options

TRADITIONAL PLANS

Traditional meal plans do not carry the advantage of "FLEX." Meals can be used at the Dining Commons, Hoot-n-Scout and the Night Owl Café.

Traditional 19: 19 guaranteed meals per week.

Price per semester: \$1270.00

Traditional 12: 12 guaranteed meals per week.

Price per semester: \$1225.00

"FLEX"IBILITY

"FLEX"ibility is an exciting and convenient way to manage personal funds to be used for purchasing meals, snacks, drinks, etc. at all of our dining locations.

19+ FLEX: The plan with the greatest value consists of 19 guaranteed meals per week in the Dining Commons, Hoot-n-Scout or Night Owl Café, plus \$150.00 "FLEX"ibility per semester for snacks, drinks, etc. at any of our dining locations.

Price per semester: \$1405.00

12+ FLEX: The same \$150.00 "FLEX"ibility as the 19+FLEX plan with 12 guaranteed meals per week in the Dining Commons, Night Owl Café or Hoot-n-Scout.

Price per semester: \$1360.00

Please note the following:

1. The 19+ FLEX and 12+ FLEX plans give you \$150.00 in "FLEX" value at a 10% discount.
2. Unused "FLEX" balances from an initial deposit are non-refundable. They cannot be turned into cash, but they will be transferred from the fall to the spring semester.



3. Additional "FLEX" amounts can be deposited and will receive an additional 10% in purchasing power. Example: \$50.00 deposit = \$55.00 in purchasing power. Additional "FLEX" is called Keene Kash.
4. Unused Keene Kash deposits are transferable from semester to semester and year to year.
5. Unused Keene Kash deposits are refundable. A \$5.00 service charge will be deducted from all refunds. A balance under \$5.00 is not refundable. Refunds will not include the added bonus.

COMMUTER PLANS

Non-residence hall students and students living in Bushnell, Tisdale or Pondsider II apartments are invited to select any aforementioned plan or one of the following:

Traditional 5: Five guaranteed meals per week in the Dining Commons, Hoot-n-Scout or Night Owl Café.

Price per semester: \$497.00

5+ FLEX: Five guaranteed meals per week in the Dining Commons, Hoot-n-Scout or Night Owl Café, plus \$40.00 in "FLEX"ibility per semester for snacks, drinks, etc. at any of our dining locations.

Price per semester: \$533.00

KEENE KASH

Available to faculty, staff and non-resident hall students, Keene Kash is an exciting and convenient way to purchase meals, snacks, drinks, etc. at any of our dining locations. Keene Kash provides you with the option to open an account for food purchases by making a deposit and then using your Keene State ID card like a debit card.

Here's how the plan works:

Keene Kash deposits can be made in any amount. Deposits of Keene Kash will be provided with the following bonuses:

Under \$30 will receive a **3% bonus**
(\$20 deposit = \$20.60 in purchasing power)

\$30 or more will receive a **5% bonus**
(\$30 deposit = \$31.50 in purchasing power)

\$100 or more will receive an **8% bonus**
(\$100 deposit = \$108.00 in purchasing power)

There will be no charge to enroll in this money saving plan, but you must have a Keene State ID card. At the time you enroll, a college ID can be made for you at no cost if you do not already have one. If you want to save money, enroll by stopping by the ID Office in the Dining Commons, 9:00am – 3:00pm, Monday – Friday. If you have any questions about this program, please call the ID Office at 603.358.2673.

- All refunds will incur a \$5.00 service fee.
- A balance under \$5.00 is non-refundable.
- Refunds do not include previously added bonuses.



Contact Us

We invite and encourage you to call us any time with questions, comments or suggestions about our Campus Dining Program. Your feedback is always welcome as it can only help us to serve you better.

KEENE STATE DINING

General Manager 603.358.2678

DINING COMMONS (DC & Hoot-n-Scout)

Operations Manager 603.358.2633
 Executive Chef & Sous Chef 603.358.2679
 Senior Service Manager 603.358.2680
 Service Manager 603.358.2674
 Registered Dietitian 603.358.2653
 ID Office 603.358.2673

STUDENT CENTER DINING

(Lloyd's Marketplace, Bean & Bagel and Night Owl Café)
Retail Manager & Chef Manager 603.358.2132

CATERING

Catering Director 603.358.2677
 Catering Office Manager 603.358.2676

Visit us at www.keenestatedining.com



Balance Mind Body Soul is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events--- *physical, mental and emotional*. It is not about fads or fad diets. It is about maintaining balance in one's life.

Each month Sodexo Campus Services features a new range of topics which are available on site and in more depth at www.balancemindbodysoul.com.

Keene State College

DINING GUIDE

2008-2009

www.keenestatedining.com

