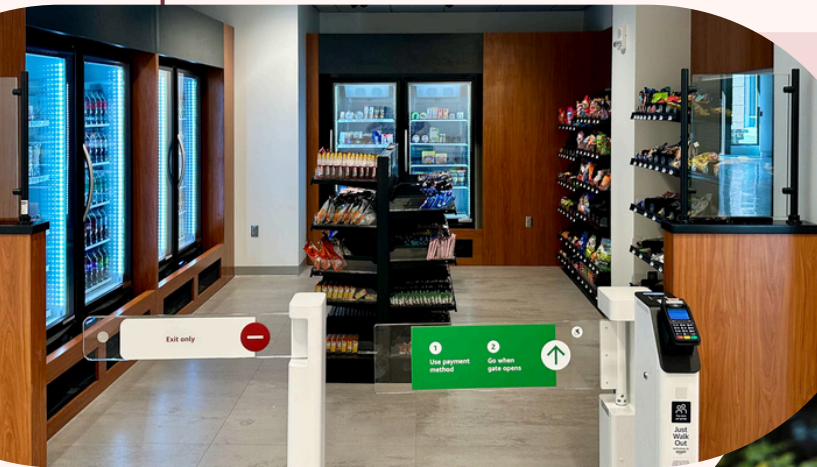# SEMINOLE DINING

Dining Digest

November 2025

The Exchange Cafe & Market

Have you heard the news? The new College of Business building, Legacy Hall, is on its way to open, and we're thrilled to share a sneak peak of our brand-new café and market that will be opening there this January! Get ready for fresh bites, quick snacks, and your favorite drinks right where you study. Stay tuned for more!

Chick-fil-A Breakfast

Big news to start your mornings right! We're excited to announce that Chick-fil-A is now serving breakfast! With classic Chick-n Minis, Hash Browns, and more, we're bringing you the breakfast you've been asking for! Set your alarm a little earlier in the mornings and stop by your new favorite breakfast spot on campus!

Fuel your Fellow Nole

Make a difference this season! You can now donate your unused guest swipes to our campaign and help increase food access across campus. For the month of November, we're matching swipe donations! Plus, when you donate, you'll be entered for a chance to win a Seminole Dining Prize Pack! **See the Sustainability page below for more information!**

Promotions!

PURCHASE A BLOCK 25

MEAL PLAN TO RECEIVE 25 DINING DOLLARS AND 25 MEAL SWIPES FOR $275!

Promotion active from 10/27 - 11/21

Block 25
10/27 - 11/21

Need a few extra meals to finish the semester strong? The Block 25 Plan is here to help! It's perfect for **students running low** on swipes or those who want to **test out a meal plan before the Spring.** This plan includes **25 meal swipes & 25 Dining Dollars,** the perfect combo to keep you fueled through finals!

Upgrade your Meal Plan
11/03 - 12/31

Ready to level up your dining experience? When you **upgrade your meal plan for spring,** you'll **receive $75 in-app credit** and **200 reward stars** on our mobile ordering app. Use your in-app credit to **order ahead** at your favorite campus locations, and **redeem your reward** stars for exciting prizes in the app. This offer is **only available for Weekly and Block plan holders.** Don't miss your chance to upgrade and **enjoy the perks!**

SEMINOLE DINING

FALL TO SPRING UPGRADE
UPGRADE YOUR MEAL PLAN TO GET

| NOV 3RD UNTIL | +75$ | IN APP CREDIT |
| DEC 31ST | +200 | REWARDS STARS |

SCAN TO LEARN MORE!

PROMOTION AVAILABLE TO CURRENT WEEKLY OR BLOCK MEAL PLAN HOLDERS ONLY

USE CODE: SPRING26

To purchase a meal plan this Spring Semester and receive in-app credit!

Open Access
$100 In-App Credit

Promotion active from Nov. 3rd to Dec. 31st 2025

Weekly 10 & 14
$75 In-App Credit

Renegade 100
$50 In-App Credit

Foodie 50
$50 In-App Credit

Spring Meal Plan Promo
11/03 - 12/31

Need a Meal Plan for the Spring? We've got you covered! Sign up for a Spring Meal Plan and use our **promo code SPRING26** to receive **in-app credit!** This in-app credit will be loaded into the Transact Mobile Ordering app for you to enjoy in the Spring! Start the semester strong with great food, less stress, and Mobile Ordering credit! Already have a Fall Meal Plan? No need to sign up for a Spring plan too, your Meal Plan includes both the Fall & Spring semesters!

SEMINOLE DINING

Events

November 5th	November 6th	November 7th	November 8th
Produce Spotlight Suwannee Room	**Farmers Market** Integration Statue	**Taste Test** Shake Smart	**Away Game Rally** FSU Student Union

November 10th	November 18th	November 18th	November 19th
Birthday Celebration Suwannee Room	**Chef Spotlight** Suwannee Room	**Movie Madness Bingo** 1851	**Produce Spotlight** Seminole Cafe

November 19th	November 20th	November 20th	November 21st	November 21st
Carbonated Beverage Day Get 50 extra stars for every fountain drink!	**Farmers Market** Integration Statue	**Friendsgiving** Seminole Cafe	**Birthday Celebration** Seminole Cafe	**Away Game Rally** FSU Student Union

5 Ways To Express Gratitude To Loved Ones This Season

▶ **Write a short note or text!**
Send a quick, heartfelt message telling someone exactly what you appreciate about them.

▶ **Make a Gratitude Playlist!**
Share a set of songs that remind you of loved ones and include a note about why each track fits.

▶ **Host a Friendsgiving or a Gratitude Night!**
Gather friends for a meal and take turns sharing something you're thankful for about each other.

▶ **Give a Memory-Based Gift!**
Create a small photo collage, short video, or shared folder of favorite memories to show your appreciation.

▶ **Do a Thoughtful Favor!**
Show gratitude through action by helping a friend, bringing someone coffee, or doing a small kind deed.

JOKE of the month

What is a Turkey Thankful for at Thanksgiving?
Vegetarians!

SEMINOLE DINING

Health & Nutrition

November is here, and we're focusing on fresh flavors that fit this cold season! This month's **Produce Spotlight** shines on the vibrant pomegranate, and we're sharing a fun recipe to make your own pomegranate fruit leather at home. We're also highlighting **Diabetes Awareness Month** with simple tips to help you understand and balance your carbs. Come by to our events, learn something new, and enjoy the taste of wellness!

Pomegranate Fruit Leather

Ingredients
- 4-5 pieces large pomegranates
- 1-2 tablespoons lemon juice
- 1 pinch salt

Directions
1. Cut the pomegranates in half, remove the seeds, and blend them in a blender
2. Strain the blended mixture using a fine mesh strainer or cheesecloth to extract the juice. Discard the pulp.
3. Pour the juice into a non-stick saucepan. Bring to a gentle boil, then lower the heat and simmer for 30-45 minutes, stirring occasionally, until it thickens slightly.
4. Add lemon juice and salt to enhance the flavor.
5. Line a large tray with parchment paper or a silicone mat.
6. Pour the thickened juice onto the tray and spread it evenly (about 2-3mm thick) using a spatula or the back of a spoon.
7. Dry in the sun 1-3 days, or in an oven with the lowest temperature for 4-6 hours or until no longer sticky.
8. Peel off the fruit leather, cut it into strips or squares, and roll or store flat.
9. Keep in an airtight container at room temperature for several weeks.

Diabetes Awareness Month

Carbohydrates break down into glucose which is the body's main source of energy. With diabetes, the body can't effectively use glucose, causing blood sugar to rise. Understanding carbohydrates is an important part of managing diabetes!

▶ Track how many carbohydrates you eat to make sure you're within your recommended range.
▶ Choose Complex carbohydrates such as whole grains, vegetables, and legumes
▶ Eat consistent amounts of carbs throughout the day to keep your blood sugar steady.
▶ Stay hydrated and active to help manage blood sugar.

Find more information from the American Diabetes Association Here!

Produce Spotlight

We're excited to announce this month's Produce Spotlight: Pomegranate! Join us on November 5 at Suwannee Room and November 19 at Seminole Café to learn more about this delicious fruit and enjoy fun samples.

We can't wait to see you there and for you to give it a try!

Wed 19   Wed 5

Sustainability Corner

This month, we're talking about **Fuel your Fellow Nole**, a program that helps us increase food access on campus in partnership with the Food for Thought Pantry! We're also looking forward to this month's **Farmer's Market** dates!

Fuel your Fellow Nole

FUEL YOUR FELLOW NOLE

NOVEMBER 1-30

DONATE UP TO 3 GUEST SWIPES TO TACKLE FOOD INSECURITY ON CAMPUS.

EACH MEAL SWIPE THAT IS DONATED WILL BE AN ENTRY TO WIN A SEMINOLE DINING PRIZE PACK.

ONLY CURRENT MEAL PLAN HOLDERS WILL BE ELIGIBLE TO DONATE THEIR MEAL SWIPES. HOWEVER OTHERS ARE ENCOURAGED TO PARTICIPATE BY DONATING TO THE FSU FOOD FOR THOUGHT PANTRY

@SEMINOLE_DINING   **SEMINOLE DINING**   f @SEMINOLEDINING

As the semester comes to an end, don't let your unused guest swipes go to waste. Through our Fuel Your Fellow Nole campaign, you can donate your three guest swipes, and we'll match every swipe donated to support the Food for Thought Pantry. Together, we can make a real difference in fighting food insecurity on campus. To donate, follow this **link** and fill out our Fuel your Fellow Nole donation form!

If you don't have guest swipes to donate, consider donating non-perishable food items to the pantry or donating to the Student Emergency Food Pantry Fund; all of which can be found **here!**

Give back, make an impact, and help Fuel your Fellow Nole today!

Farmers Market

Thur 6 ✓

Thur 20 ✓

We're excited to share that November brings not one but two **Farmers Markets** to campus! All at the **Integration Statue on Legacy Walk!**

Come out, enjoy **fresh local products**, and connect with the community. These markets are always full of energy, good food, and great company.

We can't wait to see you there!