

Dining Digest

October 2025

Away Game Rally

Seminole Dining is excited to announce the Away Game Rally at the FSU Student Union! We're hyping up the FSU Spirit with Proof at FSU's Game Day menu, the game played on the big screen, and special bowling and billiards deals just for the occasion! Come hang out with friends, enjoy the action, and cheer on our team! We'll be showing our support all season long! Join us at our next rallies on 11/8 & 11/21!



Starbucks Dirac Reopens

Starbucks at Dirac is Back! After recent renovations, the Starbucks connected to the Dirac Science Library has reopened and is ready to welcome you all back with an exciting new look including a new order process screen! Whether you're grabbing a quick coffee between classes or settling in for a study session, it's the perfect spot to recharge on campus. Stop by and check it out!



Promotions!



PARTICIPATE IN FSU ROUND UP TO SUPPORT THE FOOD FOR THOUGHT PANTRY AND HELP PROVIDE FOOD ACCESS FOR STUDENTS ON CAMPUS.

**ROUND UP BETWEEN OCTOBER 1ST - 31ST
FOR A CHANCE TO WIN A GRAND
PRIZE PACK!***

* Only students are eligible to win the prize pack, but everyone can donate to the FSU Food for Thought Pantry at any time through FSU Round Up or by donating to the Food for Thought Pantry directly.

FSU | OFFICE OF BUSINESS SERVICES | SEMINOLE DINING

FSU Round Up

10/1 - 10/31

Round Up your purchase by \$0.25 to help increase food access on campus and enter to win a Grand prize pack!

**Participating locations
exclude Panera & Starbucks**

Boost Your Balance

10/13 - 10/26

Running low on Dining Dollars? From October 13th to October 26th, we are running a special deal to Boost your Dining Dollar balance! For every \$100 Dining Dollars purchased, you'll get \$15 bonus Dining Dollars!

**Don't run out of Dining Dollars,
Boost your Balance!**



SD
SEMINOLE DINING

**BOOST YOUR
BALANCE!**
OCT 13 - OCT 26

**GET \$15 EXTRA
DINING DOLLARS WITH EVERY
\$100 DINING DOLLARS PURCHASED!**

PROMO CODE: BONUS25



Events

October 1st

Veggie Dish Promo

Buy a Vegetarian dish & get an extra 150 stars at Halal Shack

October 2nd

Oktoberfest

Suwannee Room

October 7th

Hispanic Heritage Month Celebration

Suwannee Room

October 8th

Produce Spotlight: Pumpkin

Suwannee Room

October 8th

Taste Test

Halal Shack

October 9th

Seminole Dining Farmers Market

Integration Statue

October 14th

Coldfood Feature: Turkey Burrito

Seminole Cafe

October 14th

Food for Thought Tabling Event

Wellness Center

October 14th

Exercise is Medicine

Landis Green

October 16th

Weigh The Waste

Suwannee Room

October 17th

Birthday Celebration

Suwannee Room

October 21st

Chef Spotlight: Chef Kris

Seminole Cafe

October 22nd

Product Spotlight: Pumpkin

Seminole Cafe

October 22nd

Taste Test

The POD

October 23rd

Dirac-ula Fest

Dirac

October 23rd

Seminole Dining Farmers Market

Landis Green

October 24th

Culinary Creations

1851

October 28th

Birthday Celebration

Seminole Cafe

October 29th

Creatures of the Black Lagoon

Suwannee Room

4 Best Horror movies of all time



The Shining

1980 | Directed by Stanley Kubrick



The Exorcist

1973 | Directed by William Friedkin



Psycho

1960 | Directed by Alfred Hitchcock



Halloween

1978 | Directed by John Carpenter



JOKE of the month

Why don't skeletons ever go trick or treating?

Because they have no body to go with :(



@seminole_dining



@seminoledining



@seminoledining1851



seminoledining.com



Health & Nutrition

Fall is the perfect time to celebrate the flavors and benefits of pumpkin! In this edition, we're sharing a simple and delicious recipe for **Pumpkin Spice Energy Bites** along with a few quick highlights on how pumpkin can support your health and well-being!

Pumpkin Spice Energy Bites

Ingredients

- 1 cup seed/nut butter of choice
- 1 tsp vanilla extract
- ½ cup pumpkin puree
- ¼ cup pumpkin seeds
- 1 1/5 cup rolled oats
- 1 tbsp pumpkin spice
- ½ cup chocolate chips

Directions

- Add Seed/Nut butter, pumpkin puree, and vanilla extract to a mixing bowl; stir until combined.
- Add rolled oats, chia seeds, pumpkin seeds, chocolate chips, and pumpkin pie spice to the bowl. Stir until everything is well combined and forms a dough.
- Place the dough in the freezer for 5-20 minutes to chill.
- Remove dough from freezer and roll into 1-inch balls.
- Refrigerate for up to 1 week or freeze for up to 3 months.



Health Benefits of Pumpkin

- ▶ The orange color of pumpkin comes from Carotenoids which provide antioxidants.
- ▶ Pumpkin provides potassium which supports heart health and lowers blood pressure.
- ▶ The Vitamin A aids in night vision.
- ▶ Vitamin C supports immune health and helps build collagen for healthy skin.

Culinary Creations Event

Meal plan holders, mark your calendars for our next Culinary Creations event on **October 24 at 1:30 pm**, where our chefs will be serving up very flavorful dishes. Be on the lookout for an email from us to sign up to participate! Spots are limited!



Sustainability Corner

This month, we're putting a big spotlight on **FSU Round-Up**, a simple way to make a big impact through everyday dining. We're also excited to share the **October Farmers Market**, and our new **Food Donation Box**!

FSU Round Up

You always have the option to **round up \$0.25** as a part of our FSU Round Up program. All proceeds from this program goes directly to the **Food for Thought Pantry**, supporting fellow students and helping increase food access on campus. This October we're raising the stakes as a part of End World Hunger month!

All month-long students who round up at participating dining locations will be able to add their names to our Walls of Change in Suwannee Room & Seminole Cafe. At the end of the month, we'll randomly select 3 names from the walls to win a Grand Prize Pack!

Small change is all it takes to make a big impact. Round Up today!



PARTICIPATE IN FSU ROUND UP TO SUPPORT THE FOOD FOR THOUGHT PANTRY AND HELP PROVIDE FOOD ACCESS FOR STUDENTS ON CAMPUS.

ROUND UP BETWEEN OCTOBER 1ST - 31ST FOR A CHANCE TO WIN A GRAND PRIZE PACK!*

* Only students are eligible to win the prize pack, but everyone can donate to the FSU Food for Thought Pantry at any time through FSU Round Up or by donating to the Food for Thought Pantry directly.

FSU OFFICE OF BUSINESS SERVICES SEMINOLE DINING

Farmers Market

We're excited to share that October brings not one but two **Farmers Markets** to campus! All at our new location around 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!



Food Donation Box

Food For Thought Pantry.

Did you notice our new Food Donations box in Seminole Cafe?

Seminole Dining is proud to support our campus community with the new Food Donation Box now available inside Seminole Café. We encourage you to donate non-perishable, non-expired food items to be donated to the Food for Thought Pantry here on campus! This donation bin will be available year-round so you can bring in donations whenever you're able to! Help us increase food access on campus by donating here or directly to the Food for Thought Pantry, located in University Center A!

Seminole Cafe



@seminole_dining



@seminoledining



@seminoledining1851



seminoledining.com