

APPALACHIAN STATE UNIVERSITY

MEALS FOR MOUNTAINEERS

During the Winter Break, the University is providing free chef-inspired meals to address the nutritional needs of students, faculty, and staff in need who remain in our community.

Participants can pick up a hot lunch with a prepared dinner and breakfast; weekend meals will be provided as Weekender/Celebration Meal Boxes with fresh produce from the Blackburn Vannoy Farm and recipes from Campus Dining chefs.



SAMPLE MENU

Breakfast: French Toast

Sandwich

Lunch: Spicy Aloo Curry

Dinner: Slow Cooked

Pot Roast with

Veggies & Potatoes



DATES OF OPERATION

Weekdays, 11am-2pm

December 11 -

January 14

PICK-UP LOCATION

Rivers Street Cafe



DONORS

- Boone High Country Rentals - Peak of Boone
- First Horizons Bank
- Foundation partners
- Harris Teeter
- Stick Boy Bread Co.
- US Foods

HOW TO ORDER AND PICK-UP

1. For each day, complete the [Intake Form](#) by 10am the day before your pick-up.
2. Pick up your meal(s) and/or boxes at Rivers Street Cafe in Roess Dining Hall.
You may park in the Rivers Street Parking Deck.
3. Please contact us if your plans change.
4. If there are changes to the pick-up schedule, you will be contacted.

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