

# EVENTS THIS MONTH

October 2025

OCT  
1

## National Pumpkin Spice Day

Kick off the month with fall's favorite flavor! Celebrate National Pumpkin Spice Day with cozy seasonal treats across campus – perfect for warming up your day and getting into the fall spirit.



OCT  
4

## National Taco Day

It's taco time! Join us celebrating National Taco Day with fresh, flavorful taco creations. Build your own, mix and match toppings, and enjoy this student favorite.

OCT  
15

## Caramel Apple Dates with Hayley

Sweeten up your afternoon with caramel apple fun! Our dietitian Hayley will be hosting special caramel apple pop-up, stop by to create your own crunchy treat while talking about balanced eating.



OCT  
22

## Cooking Class with Hayley & Cyrille

Get hands-on in the kitchen! Join Hayley and Chef Cyrille for a fun cooking class where you'll learn new skills, try fresh recipes, and bring home ideas to recreate your favorites.

OCT  
23

## Surprise Pop Up with Flex!

Keep your eyes peeled! Flex is popping up around campus with a surprise event you won't want to miss. Swing by, grab a bite, and enjoy the unexpected.

OCT  
25

## World Pasta Day

Twirl, slurp, and savor – it's World Pasta Day! Celebrate the comfort of pasta with a variety of sauces and toppings that let you create your perfect bowl.

OCT  
31

## Halloween Dinner with Flex

End the month with a frightfully fun meal! Join Flex for a spooktacular Halloween Dinner full of festive flavors, themed dishes, and plenty of treats to get you in the holiday spirit.

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# EVENTS THIS MONTH

## WEEK OF OCTOBER 6TH

**BOWLFUL-** FALL KALE SALAD SPECIAL

**SALS-** MEAT LOVERS

**PASTA-** CHEESE RAVIOLI'S & BLUSH SAUCE

**GRILLED-** FISH AND CHIPS

**CRAFT IT/TURBO SUBS-** HONEY BBQ RANCH

CHICKEN SUB

## WEEK OF OCTOBER 15TH

**BOWLFUL-** HORIATIKI SALAD WITH GRILLED CHICKEN

**SALS-** BUFF-A-QUE

**PASTA-** BRUCHETTA CHEESE TORTELLINI

**GRILLED-** GRILLED RUEBEN

**CRAFT IT/TURBO SUBS-** CHICKEN BACON RANCH

WRAP

## WEEK OF OCTOBER 20TH

**BOWLFUL-** SALMON CAESAR SALAD

**SALS-** SAL'S SPECIAL

**PASTA-** MUSHROOM FLORENTINE

**GRILLED-** ULTIMATE GRILLED CHEESE

## WEEK OF OCTOBER 27TH

**BOWLFUL-** STRAWBERRY SALAD & DARK CHOCOLATE

VINAIGRETTE

**SALS-** SPINACH SALAD

**PASTA-** BUFFALO CHIC MAC N CHEESE

**GRILLED-** TUNA MELT