The Jet Stream

MONTHLY DINING NEWS AT SGTC

Celebrate Nutrition Month with Us!

FUEL UP · bites that do it right™

March is National Nutrition Month, and The Landings is here to help you power up with smart food, nutrition, and lifestyle choices. We're celebrating with fresh, healthy menu innovations designed to support your well-being. Join us as we create a culture of health—one delicious bite at a time!

Menu Icon Guide

Look for these icons to find healthy options, dietary accommodations, and key nutrition highlights on our dining website: **www.sgtc.campusdish.com**.

- EAT WELL
- MADE WITHOUT GLUTEN
- PLANT FORWARD
- MADE WITH WHOLE GRAINS
- VEGETARIAN
- VEGAN
- LOW CARBON CERTIFIED

5 minutes to feedyourpotential365 podcast

Ready to channel that main-character energy? The new "Five Minutes to Feed Your Potential" podcast delivers what you need to power your day with expert advice from chefs, dietitians, and wellness pros—all in just five minutes!

Listen at ww.fyp365.com.

feedyourpotential365™
five minutes to feed your potential™

This month, to recognize the daily dedication of our SGTC Dining team, we invite you to take a moment to show your appreciation for their hard work in serving delicious meals every day. Scan the QR code below to spotlight one of our employees!

Celebrating Our Remarkable Employees

THE LANDINGS' HOURS

MONDAY-FRIDAY
BREAKFAST: 7AM-8:30AM
LUNCH: 11:30AM-1:30PM
DINNER: 5PM-7PM

SGTC.CAMPUSDISH.COM @SGTCDINING

Upcoming Events

- **Monday, March 31** (Lunch) - Powerup with **Blueberry Overnight Oats** to celebrate National Nutrition Month

- **Thursday, April 10** - Join us at lunch for our **Sweet to Serve You** Guest Appreciation

It's *Sweet* TO SERVE You · Thank You FOR SERVING WITH US

Taste Around the World Features

Mardi Gras

Recently, guest Chef Jarvis Napier brought a taste of New Orleans to The Landings during Taste Around the World: Mardi Gras, serving his famous shrimp and grits to delighted guests. His rich, flavorful captured the essence of Southern cuisine, adding an authentic and festive touch to the celebration. Don't miss Taste Around the World: fan-favorite lunch edition on Thursday, April 17!

Late Night at The Landings

Waffles with the Watfords

Come & Meet SGTC's President & First Lady

April 22nd 8-10pm
At the Cafeteria

Breakfast will Include:
- Waffles
- Pancakes
- Shrimp & Grits
- Omelets
- Traditional Breakfast Items

Free for all SGTC Students & Employees & Their Families