

Table

JSU Dining Services

Special points of interest:

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- February 26, 2009 - Black History Quiz and Prizes
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- Dining Services Health & Safety Initiatives.
- Student, Faculty & Staff Survey Dates

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Is Black History Month Still Necessary?

Black History month was originally a week long celebration created by a black fraternity, entitled Negro History Week. It was Carter G. Woodson's development and sponsorship that increased its popularity, turning this event into a month long celebration.



At its start in 1926, the purpose of Black History Month was to alleviate the mis-education and omission of black peoples contributions to society and mankind; which fueled the view of blacks being inferior and promoted racism.

The belief that history would be rewritten once publishers were aware, was at the heart of this movement.

Black history and its integration with American history has come a long way, however

only four black inventors have been inducted in the National Inventors Hall of Fame and much is still left out of traditional school text books.

Some believe that this observance is not only unnecessary but "ridiculous". In a 60 Minutes Interview in 2005 Morgan Freeman stated that he felt that black history is American history and shouldn't



be regulated to any one month.

Many however still feel the celebration of Black History

Month is still necessary believing that "much is still untold to the public" and that "every successive generation should understand where we came from and what it took to get us to the point we are today"

Many feel that until African American history is completely integrated with White American history "we must have special time".

Many like Woodson feel that we are battling racism and although many strides have been made between all races we still have more work to do.

As the good book says, "the truth shall set you free.

So the question remains:

Is Black History Month still necessary to you and for them?



Student Activities

for February at the Heritage

As we usually do around this time of year; Dining Services will be hosting events in recognition of Black History Month and for Valentines Day at the Heritage Dining Hall. These events are listed as follows:

February 12, 2009

Cupid Give - A- Way

Loads of Candy

Flowers

Gifts

February 26, 2009

Black History Quiz

Prizes include: Bike, Gift Certificate, and Electronic Gifts.

*Did you know facts will be available through out the month at the *Heritage & Legacy*



Caption describing picture or graphic.

Bidding Mrs. Delphine Yates a Happy Retirement

After dedicating 24 years to Jackson State University Dining Services and a total of 28 years with the State of Mississippi; our dear colleague Mrs. Delphine Yates will be retiring effective March 4, 2009.

As an alumni and employee, Mrs. Yates has seen many changes on this University Campus.

Starting under the direction of Mr. Valmore A. Nelson, Director of Auxiliary Services and Mr.

Calvin W. Williams, Director of Food Services to date; Mrs. Yates has served as Administrative Assistant, Payroll Clerk, and Budget Clerk.

She has witnessed the University's transition from hand written accounting ledgers to the introduction of personal computers. She has watched the University build up and tear down; tear down and build up.

After retiring, Mrs. Yates plans to spend more time

with her elderly parents, children, and 3 wonderful grandchildren.

In addition, she plans to get some well deserved relaxation, re-visit her hobby of painting and drawing, and do some traveling.

Recently starting her own online travel agency, she has already organized 5 group cruises to Mexico and the Bahamas.

For more information on her travel agency or to book a trip, visit her website at www.ytbtravel.com/yatestravelcruises.

"Making heart smart choices and eating nutritional food prepared by our dedicated Dining Service Staff"



Getting Fit and Fine in 2009

A phenomenon has been sweeping the nation. More and more people are dropping their weight and changing their lives.

Through personalized diets and fitness programs, people are getting thinner and more importantly healthier.

Well the saga continues, and it's happening right here at Jackson State University's Dining Services. Employees are getting active and taking control.

Similar to the Biggest Loser contests; "Getting Fit and Fine in 2009" is the chosen theme for this healthy departmental competition.

The twelve contestants who deserve a hand already for their willingness to participate, will weigh in on January 30, 2009.

Contestants will have to endure grueling workouts, resist temptations to eat the wrong foods, and must face one of our biggest enemies: self disci-

pline and self control.

Teams have been established. Collective weights will be recorded. The team that has lost the most weight collectively by May 15, 2009 will win.

Winners will receive cash rewards, gift bags, and will have their pictures in the e-news.

Progress reports will be posted on our website: www.jsu.edu/~jsudining and in our monthly issues of *Table Talk*.

Did You know?

Did you know?

The word "Salary" came from "Salt".

-Salt is one of the oldest preservatives and was a rare commodity in the past. In fact, it was so rare that it was often used as payment.

Did you know?

Carrots help you see in the dark.

- Carrots have tons of Vitamin A. It is known that Vitamin A prevents "night blindness". So be sure to get your fill.

Did you know?

Ice Cream was originally a Chinese food.

- In 1925, Marco Polo returned to his home in Italy from China. Among other things, he brought back a recipe for desert called "Milk Ice". Instead of using milk, Europeans used a cream substitute, and BAM! "Ice Cream."

Did you know?

- Lemons have more sugar than strawberries.
- A North American Indian

named George Crum invented "Potato Crips."

- The McDonald's founder "has a bachelor degree in Hamburgerology".
- Chop suey was created by Chinese immigrants living in California.
- A black inventor; Bessie Blount invented a device that allowed amputees to feed themselves.

For more interesting and informative "Fun Food Facts" visit www.funfoodfacts.info.



Safety on the Mind

The Centers for Disease Control and Prevention (CDC) estimate that approximately 76 million cases of food borne illness result in 325,000 hospitalizations and 5,000 deaths annually (Mead et al., 1999). The yearly cost of lost productivity alone is estimated at between \$20 and \$40 billion in the U.S. (FDA, 1997).

-Journal of Extension, Feb 2003
Volume 41, Number 1

Dining Services bares a great responsibility in ensuring the health and safety of its customers.

We are proud to have maintained a good record with Serve Safe, however, we cannot afford to let our guard down.

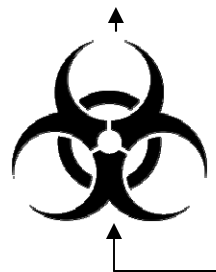
For this purpose an employee incentive is being developed entitled "Being Safe Smart".

Through our "Being Safe Smart" campaign, we will ensure proper training for all employees. Team leaders

will be designated for each area. These leaders will display and assist teammates in adhering to all safety code rules.

Based on a point system, areas with the least violations will receive department approved incentives.

Our goal is to be accident free and clean as can be.



SHOES FOR CREWS® is a global provider of slip resistant footwear.

As part of our safety initiative, we had several employees test this product at the beginning of the school year.

Results were great; employees said that the shoes make working in the kitchen much easier.

As of December 2008 we adopted this concept and required all Dining Service employees working in the kitchen

or behind the line to wear these safe, comfortable, and well designed shoes.

Increasing safety and preventing employee accidents is a top priority in our department.

The Heritage Menu

**menu subject to change according to availability*

February 2-6, 2009				
<p>Beef Stroganoff w/ Noodles Baked Chicken Lemon Pepper Baked Fish Steak Nuggets Mashed Potatoes</p> <p>Turnip Greens Bahamas Blend Whole Kernel Corn Glazed Carrots Purple Hull Peas Steamed Rice Gravy Rolls/Cornbread</p> <p>Bacon Cheese Burger Hotdogs Corndogs Garlic Chicken Breast Sandwich Onion Rings Pot Stickers</p>	<p>Chicken Cacciatore Grilled Tilapia w/ Cream Sauce Broccoli Chicken & Rice Casserole Chili Mac Alfredo Noodles</p> <p>Capri Blend Mixed Vegetables Lima Beans Steamed Broccoli Creamed Spinach Steamed Rice Gravy Rolls/Cornbread</p> <p>Swiss cheese Jalapeno Burger Fried Fish Sandwich Hotdogs Corndogs Chili Cheese Fries Meat Pies</p>	<p>Baked Chicken w/Light Gravy Cajun Baked Fish Spaghetti w/meat sauce Hot & Spicy Wings Cajun Potatoes</p> <p>Spring Blend Cream Corn Steamed Cabbage Green Beans Black Eyed Peas Steamed Rice Gravy Rolls/Cornbread</p> <p>Jerk Chicken Wrap Hamburger Hotdogs Corndogs Sweet Potato Fries Cajun Fries</p>	<p>Rotisserie Chicken Smoked Neck Bones Beef Macaroni Fried Chicken Cheese & Bacon Potatoes</p> <p>Winter Mix Collard Greens Buttered Brussels Sprout w/Bacon Whole Kernel Corn Pinto Beans Steamed Rice Gravy Rolls/ Cornbread</p> <p>Chili Cheese Burger Hotdogs Bologna Burger Corndogs Curly Fries Pot Stickers</p>	<p>Stir Fried Rice Stir Fried Teriyaki Pork w/Vegetables Baked Chicken Herb Potatoes</p> <p>Sautéed Squash Tomato Parmesan Butter Peas Corn of the Cob Butter Beans Steamed Rice Gravy Rolls/Cornbread</p> <p>Hamburger Hotdogs Corndogs Wings w/Sauce French Fries Beef Pies</p>

February 9-13, 2009				
<p>Sliced Roast Beef Sausage & White Bean Stew Penne w/Ham & As- paragus Baked Chicken Redskin Garlic But- tered Potatoes</p> <p>Francois Blend Green Peas & Carrots Field Peas Corn Nuggets Sautéed Spinach Yellow Rice Gravy Rolls/Cornbread</p> <p>Jerk Burgers Hotdogs Corndogs Chicken Sandwich Onion Rings Curly Fries</p>	<p>Sliced Turkey Jerk Pork Butt Beef Tips w/Rice Chipotle Chicken Breast Steamed Vegetables Macaroni & Cheese</p> <p>Turnip Greens Lima Beans Broccoli w/Cheese Whole Kernel Corn Vegetable rice Gravy Rolls/Cornbread</p> <p>Swiss Jalapeno Burger Hotdogs Corndogs Fish Sandwich Cajun Fries Pot stickers</p>	<p>Red Beans w/Sausage Baked Lemon Chicken Grilled Fish w/Sautéed Spinach</p> <p>Beef Patties w/Gravy Steamed Vegetables Mashed Potatoes</p> <p>Black Eyed Peas Corn on the Cob Okra & Tomatoes Winter Blend w/butter Sauce Buttered rice Gravy Rolls/Cornbread</p> <p>Hamburger Hotdogs Corndogs Bologna Burger Curly Fries Fried Dilled Pickles</p>	<p>Chicken Tetrizzini Catfish Nuggets Pizza Sticks Baked Herb Chicken Loaded Potatoes</p> <p>Mixed Vegetables Collard Greens Green Beans Purple Hull Peas Chuck Wagon Corn Buttered Rice Gravy Rolls/Cornbread</p> <p>Chili Cheese Burger Hotdogs Corndogs Chicken Breast Sand- wich French Fries Crawfish Pies</p>	<p>Sausage Chicken Jam- balaya Chicken Fettuccini Alfredo Popcorn Shrimp Garlic Pepper Fish Baked Potatoes</p> <p>Spring blend Corn on the Cob Lima Beans Macaroni & Cheese Turnip Greens Steamed Rice Gravy Rolls/Cornbread</p> <p>Hamburger Corndogs Hotdogs Inferno Wings Curly Fries Onion Rings</p>

*menu subject to change according to availability

February 16-20, 2009				
<p>Baked Chicken Fried Country Steak Sliced Turkey w/Gravy Spaghetti w/Meat Balls Steamed Vegetables Mashed Potatoes</p> <p>Lima Beans Steamed Carrots Whole Kernel Corn Green Bean Casserole Steamed Rice Gravy Rolls/Cornbread</p> <p>Hamburger Hotdog Corndog Chicken Sandwich Cajun Fries Crawfish Pies</p>	<p>Cajun Baked Fish Red Beans w/Sausage Rotisserie Chicken Spicy Stir Fried Beef w/Vegetables Steamed Vegetables Herb Roasted Potatoes</p> <p>Steamed Cabbage Green Peas Corn on the Cob Black Eyed Peas Steamed Rice Gravy Rolls/Cornbread</p> <p>Chili Burger w/Cheese Hotdogs Corndogs Inferno Wings Curly Fries Meat Pies</p>	<p>Chicken Pot Pie Neck Bones Baked Chicken Beef Tips w/ Noodles Steamed Vegetables Macaroni & Cheese</p> <p>Okra, Corn & Tomato Collard Greens Cream Corn Butter Peas Steamed Rice Gravy Rolls/Cornbread</p> <p>Jerk Burger Hotdog Corndog Wings w/Come Back Sauce Onion Rings Pot Stickers</p>	<p>Grilled Fish w/Baby Spinach BBQ Chicken Stir Fried Shrimp w/ Vegetables Egg Rolls Steamed Vegetables Loaded Baked Potato</p> <p>Baked Beans Candied Yams Field Peas Snap Beans w/Potatoes Steamed Rice Gravy Rolls/Cornbread</p> <p>Hamburger Hotdogs Chicken Sandwich Corndog French Fries Meat Pies</p>	<p>Baked Pork chops w/ Pepper & Onions Beef Stew w/Rice Fried Shrimp Chicken Tetrizzini Macaroni & Cheese Sautéed Squash & Zucchini</p> <p>Purple Hull Peas Whole Kernel Corn Peas & Carrots Francois Blend Steamed Rice Gravy Rolls/Cornbread</p> <p>Swiss Mushroom Burger Hotdog Corndog Chicken Strips Cajun Fries Crawfish Pies</p>

February 23-27, 2009				
<p>Beef Stroganoff w/ Noodles Baked Chicken Lemon Pepper Baked Fish Steak Nuggets Mashed Potatoes</p> <p>Turnip Greens Bahamas Blend Whole Kernel Corn Glazed Carrots Purple Hull Peas Steamed Rice Gravy Rolls/Cornbread</p> <p>Bacon Cheese Burger Hotdogs Corndogs Garlic Chicken Breast Sandwich Onion Rings Pot Stickers</p>	<p>Chicken Cacciatore Grilled Tilapia w/ Cream Sauce Broccoli Chicken & Rice Casserole Chili Mac Alfredo Noodles</p> <p>Capri Blend Mixed Vegetables Lima Beans Steamed Broccoli Creamed Spinach Steamed Rice Gravy Rolls/Cornbread</p> <p>Swiss cheese Jalapeno Burger Fried Fish Sandwich Hotdogs Corndogs Chili Cheese Fries Meat Pies</p>	<p>Baked Chicken w/Light Gravy Cajun Baked Fish Spaghetti w/meat sauce Hot & Spicy Wings Cajun Potatoes</p> <p>Spring Blend Cream Corn Steamed Cabbage Green Beans Black Eyed Peas Steamed Rice Gravy Rolls/Cornbread</p> <p>Jerk Chicken Wrap Hamburger Hotdogs Corndogs Sweet Potato Fries Cajun Fries</p>	<p>Rotisserie Chicken Smoked Neck Bones Beef Macaroni Fried Chicken Cheese & Bacon Potatoes</p> <p>Winter Mix Collard Greens Buttered Brussels Sprout w/Bacon Whole Kernel Corn Pinto Beans Steamed Rice Gravy Rolls/ Cornbread</p> <p>Chili Cheese Burger Hotdogs Bologna Burger Corndogs Curly Fries Pot Stickers</p>	<p>Stir Fried Rice Stir Fried Teriyaki Pork w/Vegetables Baked Chicken Herb Potatoes</p> <p>Sautéed Squash Tomato Parmesan Butter Peas Corn of the Cob Butter Beans Steamed Rice Gravy Rolls/Cornbread</p> <p>Hamburger Hotdogs Corndogs Wings w/Sauce French Fries Beef Pies</p>

The Legacy Menu

**menu subject to change according to availability*

February 2-6, 2009				
Chili Cheese Burgers Hotdogs Curly Fries Onion Rings Bologna Burgers	Jerk Burgers Cajun Fries Fried Chicken Wings w/ Sauce Corn dog	Cheese Burger French fries Chicken on a Stick Hotdog	Bacon Cheese Burger Sweet Potato Meat Pies Corn dog	Swiss Cheese & Jalapeno Burger Fried Ranchero Jerk Chicken Wrap Onion Rings Chili Cheese Fries
Stir-fried rice Stir-fried rice w/ chicken Stir-fried Pork w/ peppers and onion Stir-fried Noodle and Vegetable in peanut sauce Fried egg rolls Fried pot sticker	Stir-fried rice Stir-fried rice w/pork Stir-fried spicy and sweet jerk wings Stir-fried vegetables Fried egg rolls Fried beef meat pies	Stir-fried rice Stir-fried rice w/ shrimp Stir-fried teriyaki pork w/vegetables Stir-fried noodle w/ shrimp and vegetables Fried egg rolls Fried pot sticker	Stir-fried rice Stir-fried rice w/ vegetables Stir-fried short pork ribs in spicy sweet chili sauce Stir-fried noodle w/ chicken and vegetables Stir-fried vegetables in black bean sauce Fried egg rolls	Stir-fried rice Stir-fried rice w/beef Stir-fried noodles and shrimp w/vegetables in peanut sauce Stir-fried Szechwan chicken w/peppers and onion Fried egg rolls Meat pie
Baked Chicken Tamales Enchiladas Mexican Lasagna Garlic Mashed Potatoes Light Brown Gravy	Grilled Chicken Breast w/Lemon Butter Garlic Sauce Grilled Sausage w/ Broccoli Penne in To- mato Sauce Tomato Parmesan Steamed Broccoli Creamed Spinach Baked Potato	Baked Fish Chicken Pasta Primavera Cabbage Roll Corn on the Cob Herb Potatoes Green bean Almandine Carrot Soufflé	Escovietol Fish Jerk Chicken Breast Snow Peas Herb Rice Mixed Vegetables Lima Beans Loaded Potatoes Pan-fried Cabbage	Salisbury steak Baked Fish w/Sautéed Spinach Baked Potatoes Corn on the Cob Sautéed Mushrooms Alfredo Sauce Pasta of the Day
Vegetable Stew Green Peas & Carrots Corn on the Cob New Potatoes California Blend	Turnip Greens Butter Peas Broccoli w/Cheese Cajun Potatoes Green & Yellow Squash	Steamed Carrots Okra & Tomatoes Black Eyed Peas Pinto Beans Whole Kernel Corn	Brussels sprouts Cream Spinach Vegetable Rice Grilled Squash Green Beans	Caribbean Cabbage Candied Yams Green Peas Cream Corn Butter Beans
Shrimp Creole Chicken Pot Pie Loaded Potatoes Grilled Steaks Green bean Casserole Mixed Vegetables	Brown Stew Oxtails Rotisserie Chicken Pan Fried Potatoes w/ Onions Okra & Tomato Stew Loaded Potatoes Mixed Vegetables	Hot & Spicy Wings Smothered Ribs Cajun Potatoes Sausage & Chicken Jam- balaya Grilled Vegetables Lima Beans	BBQ Rotisserie Chicken BBQ Pork Chops Baked Beans Loaded Potatoes Mix Vegetables Cut Corn Steamed Brussels sprouts	Spaghetti w/Meat Balls Cajun Chicken Cajun Potatoes Mix Vegetables Creamed Corn/Cajun Rice
Curry Chicken Sliced Pork Coconut Rice Grilled Vegetables Fried Corn Nuggets (Carved) Roast Beef & Sausage	Sliced Roast Beef Sausage & White Bean Stew Redskin Butter Garlic Potato Francois Blend Yellow Rice (Carved) Sliced Brisket	Penne w/Ham & Aspara- gus Lime Roasted Chicken Winter Blend w/Butter Sauce Brown Rice Candied Carrots (Carved) Country Ham w/Glaze	Sliced Ham Steak w/ Pineapples Cabbage Rolls Baked Sweet Potatoes Creole Peas Sautéed Vegetables (Carved) Turkey & Sausage	Turkey Spaghetti Spinach Tortellini w/ Meat Sauce German Blend Fried Corn Nuggets Whole Green Beans (Carved) Pork Loins

*menu subject to change according to availability

February 9-13, 2009				
Fried Fish Sandwich Fried Dill Pickles Polish Sausage w/ Onions & Peppers Fried Okra Corndog	Jerk Pulled BBQ Sand- wich Curly Fries Meat Pies Hotdogs Chili Sauce Cheese Sauce	Bacon Cheese Burger Hotdogs Sweet Potato Fries Fried Dilled Pickles Jerk Chicken Wrap Chili & Cheese Sauce	Jerk Burger Hotdogs Cheese Burgers Onion Rings French Fries Chili Sauce & Cheese Sauce	Polish Sausage w/Onion & Peppers Chili Cheese Fries Chicken on a Stick Fried Pork Chop Sand- wich Corndog
Stir-fried rice w/beef Stir-fried rice Stir-fried pork and vege- tables w/black bean sauce Stir-fried chicken and vegetables Stir-fried noodle w/ shrimp and vegetables Fried pot sticker	Stir-fried rice Stir-fried rice w/shrimp and vegetables Stir-fried chicken in sweet pineapple butter sauce Stir-fried Szechwan beef w/vegetables Fried egg rolls Fried pot stickers	Stir-fried rice Stir-fried vegetables Stir-fried shrimp w/ peppers Stir-fried noodles w/beef and vegetables in a black bean sauce Fried egg rolls Fried pot stickers	Stir-fried rice Stir-fried pork w/ vegetables Stir-fried noodles w/ chicken and vegetables in sweet-n-sour sauce Stir-fried shrimp and rice Fried egg rolls Fried crawfish pies	Stir-fried rice Stir-fried rice w/pork Stir-fried spicy and sweet jerk wings Stir-fried vegetables Fried egg rolls Fried beef mean pies
Sliced Turkey Grilled Fish w/Pineapple Salsa Macaroni & Cheese Cajun Herb Potatoes Steamed Cabbage Grilled Zucchini Cut Corn	Jerk Pork Chops Baked Fish w/Lemon Butter Sauce Stuffed Bell Peppers Corn on the Cob Steamed Potatoes Turnip Greens Steamed Garlic Shrimp	Grilled Chicken Breast w/Peppers & Onions Grilled Tilapia w/ Sautéed Spinach Chicken Pasta Primavera Lima Beans Steamed Carrots Baked Potatoes	Baked Chicken Baked Fish Grilled Squash Carrot Soufflé Cajun Herb Potatoes Marinara Sauce Pasta of the Day Garlic Herb Parmesan Breadsticks	Chicken & Broccoli Rice Casserole Grilled Fish w/Mango Salsa Stuffed Bell Pepper Spring Blend Sautéed Mushrooms Baked Potatoes
Grilled Yellow Green Squash Steamed Carrots Corn on the Cob Cream Spinach Yellow Rice	California Blend w/ Garlic Butter Green Beans Okra & Tomatoes Cream Corn Steamed Cabbage	Brussels sprouts Pacific Blend Green Peas Cajun Potatoes Butter Beans	Vegetable Stew Snap Beans German Blend Black Eyed Peas Asparagus Spears	Caribbean Cabbage Spanish rice Cream Corn Spring Blend New Potatoes
Tamale Pie Chili Mac Mexican Rice Loaded Potatoes Chicken Mexicano Mexican Corn	Pot Roast Beef Jambalaya Smothered Pork Chops Loaded Potatoes Green Beans Mix Vegetables	Stewed Chicken BBQ Pork Chops Mexican Lasagna Spaghetti w/Meatballs Baked Beans Corn on the Cob	Curry Chicken Beef Stew Creamed Corn Brussels Sprout w/Bacon Coconut Rice Steamed Cabbage	Meatloaf Smoked Neck bones Chicken Wings Macaroni & Cheese Turnip Greens
Baked Fish w/Cajun Cream Sauce Buttered Fettuccini Cut Corn Asparagus w/Garlic But- tered Cajun Herb Potatoes	Spaghetti w/Meat Sauce Garlic Bread Baked Potatoes Lima Beans Mixed Vegetables (Carved) Herb Crushed Pork Loins	Liver w/Onions Red Bean w/Sausage Buttered Rice Carrot soufflé Spinach (Carved) Ham & Chicken	Sliced Ham w/Cherry Sauce Seafood Pot Pie Scallop Potatoes Green Beans Succotash (Carved) Roast Beef	Stew Chicken w/Carrot & Potatoes Herb Rice Baked Potatoes Sautéed Mushrooms Caribbean Cabbage (Carved) Sausage & Chicken

The Legacy Menu

**menu subject to change according to availability*

February 16-20, 2009				
Jerk Burger Hot Dog Cheese Burger Onion Rings French Fries	Bacon Cheese Burger Hot Dogs Sweet Potato Fries Fried Dill Pickles Jerk Chicken Wrap (Caribbean)	Chili Cheese Burger Fried Wings w/Sauce Hot Dogs Onion Rings Cajun Fries	Fried Fish Sandwich Caribbean Slaw Fried Okra Corndogs Bologna Burger	Jerk Pulled BBQ Sand- wich Curly Fries Meat Pies Hotdogs
Stir-Fried Rice Stir-Fried Veggie Stir-Fried Shrimp w/ pepper Stir-Fried Noodle w/beef & vegetables in a black bean sauce Fried Egg Rolls Fried pot stickers	Stir-Fried Rice Stir-Fried pork w/ vegetables Stir-Fried noodle w/ chicken and vegetable in a sweet & sour sauce Stir Fried shrimp and rice Fried egg rolls Fried crawfish pies	Stir-Fried rice w/ vegetables Stir-Fried beef w/pepper & onion Stir-Fried Noodle w/ shrimp and vegetables Stir-Fried chicken and beef spicy Fried egg rolls Fried pot stickers	Stir-fried rice Stir-fried vegetables Stir-fried chicken and pepper in black bean sauce Stir-fried sweet & sour beef w/vegetables Fried egg rolls Fried pot stickers	Stir-fried rice w/shrimp Stir-fried rice Teriyaki chicken w/ pepper and onion Stir-fried noodle w/ vegetables Stir-fired vegetable spicy Fried vegetable rolls
Grilled Chicken Breast w/Onions Grilled Tilapia w/ Sautéed Spinach Lima Beans Steamed Carrots Baked Potatoes Chicken Pasta Primavera	Baked Chicken Baked Fish Grilled Squash Carrot Soufflé Cajun Herb Potatoes Pasta of the Day Garlic Herb Parmesan Breadsticks	Broccoli Chicken Rice Casserole Grilled Fish w/Mango Salsa Stuffed Bell Peppers Spring Blend Sautéed Mushrooms Baked Potatoes	Grilled Chicken Breast Baked Fish Spaghetti w/Meat Sauce Grilled Zucchini Squash Creamed Spinach Loaded Potatoes Garlic Herb Breadsticks	Grilled Pork Chops Baked Fish Mixed Vegetables Steamed Potatoes Corn on the Cob Okra & Tomatoes Macaroni & Cheese
California Blend/Garlic Butter Green Beans Grilled Squash Steamed Carrots Corn on the Cob	Spring Blend Brussels sprouts Cream Spinach Vegetable Rice Okra & Tomatoes Cream Corn Steamed Cabbage	German Blend Cajun Potatoes Green Peas & Carrots Asparagus Spears Butter Beans	Pacific Blend Sautéed Asparagus Candied Yams Black Eyed Peas Snap Beans & Potatoes	Butter Beans Caribbean Cabbage Spinach Rice Cream Corn Spring Blend
BBQ Chicken BBQ Ribs Chili Mac Baked Beans Seafood Jambalaya	BBQ Sausage Brussels sprouts Corn on the Cob Spaghetti w/Meat Balls Rotisserie Chicken Baked Beans	Stew Chicken BBQ Pork Chops Cheese & Bacon Potatoes Buttered Rice Mexican Lasagna Turkey Necks	Meatloaf Smoked Neck Bones Cornbread Dressing Macaroni & Cheese Turnip Greens	Curry Chicken Coconut Rice & Beans Beef Stew Caribbean Steamed Cab- bage Buttered Brussels sprouts w/Bacon Creamed Corn
Beef Stroganoff w/ Noodles Grilled Pork Chops Spicy Potatoes Steamed Broccoli Garlic Herb Bread (Carved) Glazed Ham & Smoked Sausage	Sliced Pork Loin w/ Caramelized Apples Macaroni & Cheese Cas- serole Dirty Rice Mixed Vegetables Baked Potatoes (Carved) Jerk Rotisserie Chicken	Chicken Pot Pie Cajun Rotisserie Chicken Herb Butter Steamed Potatoes Green Beans Carrots Soufflé (Carved) Pork Loin	Chicken Divine Beef Pot Roast Sautéed Whole Mush- room Succotash Corn on the Cob Loaded Baked Potato (Carved) Cajun Turkey	Sliced Beef Brisket Sliced Turkey Rice Pilaf New Potatoes in Cheese Sauce and Chopped Ba- con Brussels sprouts (Carved) Jerk Pork Butt

*menu subject to change according to availability

February 23-27, 2009				
Chili Cheese Burgers Hotdogs Curly Fries Onion Rings Bologna Burgers	Jerk Burgers Cajun Fries Fried Chicken Wings w/ Sauce Corndog	Cheese Burger French fries Chicken on a Stick Hotdog	Bacon Cheese Burger Sweet Potato Meat Pies Corndog	Swiss Cheese & Jalapeno Burger Fried Ranchero Jerk Chicken Wrap Onion Rings Chili Cheese Fries
Stir-fried rice Stir-fried rice w/ chicken Stir-fried Pork w/ peppers and onion Stir-fried Noodle and Vegetable in peanut sauce Fried egg rolls Fried pot sticker	Stir-fried rice Stir-fried rice w/pork Stir-fried spicy and sweet jerk wings Stir-fried vegetables Fried egg rolls Fried beef meat pies	Stir-fried rice Stir-fried rice w/ shrimp Stir-fried teriyaki pork w/vegetables Stir-fried noodle w/ shrimp and vegetables Fried egg rolls Fried pot sticker	Stir-fried rice Stir-fried rice w/ vegetables Stir-fried short pork ribs in spicy sweet chili sauce Stir-fried noodle w/ chicken and vegetables Stir-fried vegetables in black bean sauce Fried egg rolls	Stir-fried rice Stir-fried rice w/beef Stir-fried noodles and shrimp w/vegetables in peanut sauce Stir-fried Szechwan chicken w/peppers and onion Fried egg rolls Meat pie
Baked Chicken Tamales Enchiladas Mexican Lasagna Garlic Mashed Potatoes Light Brown Gravy	Grilled Chicken Breast w/Lemon Butter Garlic Sauce Grilled Sausage w/ Broccoli Penne in To- mato Sauce Tomato Parmesan Steamed Broccoli Creamed Spinach Baked Potato	Baked Fish Chicken Pasta Primavera Cabbage Roll Corn on the Cob Herb Potatoes Green bean Almandine Carrot Soufflé	Escovietol Fish Jerk Chicken Breast Snow Peas Herb Rice Mixed Vegetables Lima Beans Loaded Potatoes Pan-fried Cabbage	Salisbury steak Baked Fish w/Sautéed Spinach Baked Potatoes Corn on the Cob Sautéed Mushrooms Alfredo Sauce Pasta of the Day
Vegetable Stew Green Peas & Carrots Corn on the Cob New Potatoes California Blend	Turnip Greens Butter Peas Broccoli w/Cheese Cajun Potatoes Green & Yellow Squash	Steamed Carrots Okra & Tomatoes Black Eyed Peas Pinto Beans Whole Kernel Corn	Brussels sprouts Cream Spinach Vegetable Rice Grilled Squash Green Beans	Caribbean Cabbage Candied Yams Green Peas Cream Corn Butter Beans
Shrimp Creole Chicken Pot Pie Loaded Potatoes Grilled Steaks Green bean Casserole Mixed Vegetables	Brown Stew Oxtails Rotisserie Chicken Pan Fried Potatoes w/ Onions Okra & Tomato Stew Loaded Potatoes Mixed Vegetables	Hot & Spicy Wings Smothered Ribs Cajun Potatoes Sausage & Chicken Jam- balaya Grilled Vegetables Lima Beans	BBQ Rotisserie Chicken BBQ Pork Chops Baked Beans Loaded Potatoes Mix Vegetables Cut Corn Steamed Brussels sprouts	Spaghetti w/Meat Balls Cajun Chicken Cajun Potatoes Mix Vegetables Creamed Corn/Cajun Rice
Curry Chicken Sliced Pork Coconut Rice Grilled Vegetables Fried Corn Nuggets (Carved) Roast Beef & Sausage	Sliced Roast Beef Sausage & White Bean Stew Redskin Butter Garlic Potato Francois Blend Yellow Rice (Carved) Sliced Brisket	Penne w/Ham & Aspara- gus Lime Roasted Chicken Winter Blend w/Butter Sauce Brown Rice Candied Carrots (Carved) Country Ham w/Glaze	Sliced Ham Steak w/ Pineapples Cabbage Rolls Baked Sweet Potatoes Creole Peas Sautéed Vegetables (Carved) Turkey & Sausage	Turkey Spaghetti Spinach Tortellini w/ Meat Sauce German Blend Fried Corn Nuggets Whole Green Beans (Carved) Pork Loins

Student Announcements

February 10, 2009

Student Food Preference and Assessment Survey

Heritage Lobby
11:00 a.m. - 2:00 p.m.

JSU Employee Announcements

February 24, 2009

Faculty & Staff Food Preference and Assessment Survey

Legacy Lobby
11:00 a.m. - 2:00 p.m.

***100th Surveyor wins Free Lunch!**

JSU Dining Service Phone Directory

The Legacy

Mr. Wilbur Smith	Director	601.979.3999
Mr. Lawrence Lockhart	Associate Director	601.979.0446
Mr. Charles Herron	Mgr. of Student Services	601.979.0457
Ms. Diannie Ayers	Coor. of Dining Services	601.979.0441
Ms. LaTina Butler	Administrative Asst.	601.979.0447
Ms. Delphine Yates	Administrative Asst.	601.979.0442
Ms. Ayanna Evans	Data Entry Clerk	601.979.0445
Ms. Coretta Lucket	Quality Assurance	601.979.0450
Mr. Jeffery Knight	Inventory Clerk	601.979.0453
Mr. Larry Wilson	Maint. Supervisor	601.979.0439
Mr. Morgan Godfrey	Executive Chef	601.979.0449
Mr. Nathaniel Hoskins	Catering Manager	601.979.0452
Ms. Mamie Carson	Kitchen Supervisor	601.979.0448
Ms. LaTangela Stewart	Legacy Supervisor	601.979.0451
Ms. Jannie Rogers	Legacy Supervisor	601.979.0451
Ms. Mary Parrish	Univ. Market Supervisor	601.979.0526

The Heritage

Mr. Teddy Ogiamien	Sous Chef	601.979.2561
Mr. Wendell Jefferson	Retail Manager	601.979.2561
Mr. Roy Good	Heritage Supervisor	601.979.2561
Ms. Gloria Wright	Heritage Supervisor	601.979.2561
Mr. Rufus Mapp	Heritage Supervisor	601.979.2561

University Market

601.979.0526

Tiger Den (take out)

601.979.0536

If you have any questions or comments, please contact us.

Is there a food or healthy choice related topic that you are interested in seeing in this newsletter?

Are you interested in having your writings, drawings, or photos published in the monthly issue of Table Talk?

If so, please send your thoughts, writing, scanned photos, and/or drawings by the 20th of each month to the following email:

jsudining@yahoo.com

articles and layouts

by

Ayanna N. Evans

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