Dining Center Menus

Meals can be purchased in any dining hall during the day (cash or check only) or at check in from 11 a.m. to 2 p.m. (cash, check or credit) for all you care to eat for $5.99 per person.

**Lunch**  Lakeside Dining Center 11 a.m. – 1:30 p.m.  Cooper Dining Center (11 a.m. – 3 p.m.) The best time to dine is 11 a.m. – 12:15 p.m., or after 1 p.m.

- Soup: Homemade Crab & Spinach Bisque, Spring Vegetable Soup (v)
- **Entrée**: Chicken Breast Tenders, Shrimp Skewers, Quinoa & Black Beans (v), Whole Grain Macaroni & Cheese Casserole Δ, Cilantro Couscous (v), Farro, Apple & Pecan Salad (v), Tomato & Mozzarella Salad Δ, Pasta - Sauce and Vegetables Δ
- The Deli: Sliced Ham, Turkey Breast, and Tofurky Deli Slices (v), Tuna, Egg and Chicken Salads, Hummus, Large Variety of Cheeses (including Soy American (v)), Lettuce, Tomato, and Other Toppings. Choose from a Variety of Breads, Wraps, Rolls (Wheat or White)
- **Salad Bar**: Wide Selection of Fresh Fruits (Cut up and whole), Vegetables, Yogurts
- **Dessert**: Twix Cookie Bar Δ, Chocolate Chip Cookies Δ, Vegan Chocolate Chip Cookies (v)
- **Variety of Hot and Cold Beverages (Including Juices and Waters)**

**LITE BITE**:  Lakeside Dining Center 1:30 p.m. – 3 p.m.

Selection of Fresh Fruit, Yogurt, Salad, Deli, Cereals, Desserts, Hot & Cold Beverages

**DINNER** Lakeside and Cooper Dining Centers (4:30 p.m. – 7 p.m.)

- Soup: Homemade Crab & Spinach Bisque, Spring Vegetable Soup (v)
- **Entrées**: Chicken Gyro, Homemade Falafel (v), Salmon Burger, Caprese Stuffed Portobello Δ, Made to Order Pizza and Deli (see Lunch for complete listing of items)
- **Accompaniments**: Sauteed Zucchini & Red Peppers w/Corn (v), Crinkle Chips, Baklava, Homemade Tzatziki Sauce Δ, Sweet Chili Mayo Δ
- **Salad Bar**: Wide Selection of Fresh Fruits (Cut up and whole), Vegetables, Yogurts
- **Dessert**: Fresh from our On-Campus Bakery: Rocky Road Pie, Apple Pie Cake Δ
- **Variety of Hot and Cold Beverages (Including Juices and Waters)**

Δ = Vegetarian (No meat, fish or gelatin. May contain dairy or egg products)
(v) = Vegan (no animal products, including honey)

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Our Campus is Your Campus

Although the formal program ends at 4 p.m., feel free to stay on campus to visit our other facilities:

**Athletic Facilities**
- Laker Hall & Lee Hall
- Marano Campus Center College Store (open from 9 a.m. – 5 p.m.)
- Penfield Library (open from 7:45 a.m. – 12 a.m.)

**Rice Creek Field Station**
Learn about SUNY Oswego’s unique living laboratory for field studies at oswego.edu/ricecreek
Located just south of the main campus on Thompson Road. Stop at check in for details and directions. (open from 9 a.m. – 4:30 p.m.)

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Marano Campus Center Dining
- Palates: 10:30 a.m. – 2:30 p.m., lower level
- The Crossroads: 7:45 a.m. – 7:30 p.m., main level
- The Cutting Board: 10:30 a.m. – 2:30 p.m., lower level
- Laker Express Market: 10:30 a.m. – 2:30 p.m., lower level
SUNY Oswego’s 2017 Spring Open House
SCHEDULE OF EVENTS

11 a.m.*
Campus Tours
Depart from Marano Campus Center, Arena Floor
A student-guided tour which includes stops at a residence hall and academic buildings.
*Tours will only be offered on a limited basis starting at 11 a.m. and will be offered again at 3 p.m.

11 a.m. – 1 p.m.
Registration, Information Fair and Refreshments
Marano Campus Center, Arena Floor
Check in and mingle with students and staff.
In addition to the Office of Admissions, representatives from the following offices will also be available (subject to change):

- Auxiliary Services - Dining Services and College Stores
- Campus Life
- Campus Recreation
- Career Services
- Center for Experiential Learning (internships, co-ops and community based programs)
- Community Service
- Educational Opportunity Program (EOP)
- Disability Support Services
- Financial Aid
- Honors Program
- Intercollegiate Athletics
- International Education (study abroad)
- NYS University Police - Oswego
- Oswego Alumni Association
- Office of Learning Services (tutoring)
- Penfield Library
- Residence Life & Housing
- Rice Creek Field Station
- Transfer Services

1 – 2 p.m.
Welcome and Admissions Presentation
Marano Campus Center, Arena Floor

2 – 2:30 p.m. & 2:30 – 3 p.m.
Student Services Presentations
Marano Campus Center, various locations
The presentations are offered at 2-2:30 & 2:30-3 p.m.
Choose TWO of the following four presentations:

- First Year Programs
  An overview of advisement and academic programs to ease the high school to college transition.
- Residence Life & Housing and Dining Services
- Financial Aid
- Dream On. No, Seriously!
  You want a great job after graduation. Perhaps you have a dream career in mind. Career Services will show you what type of candidates employers are looking to hire based on today’s job market—and how to get there.

3 p.m.
Campus Tour
Depart from Marano Campus Center, Arena Floor
A student-guided tour which includes stops at a residence hall and academic buildings.

Refreshments will be available throughout the day in the Marano Campus Center, Arena Concourse.