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\*Allergen Sensitive and Vegetarian Meals Available

Eating and sharing what happened during your day over a meal is important to all of us.

That's why we make sure everyone can eat safely.

If you have food allergies or special dietary needs eating may have an element of risk. For this reason, we take food allergies and dietary preferences seriously, as we want you to have an amazing experience just like every other student. Your dining team will work with you to listen, prepare, and serve every meal with care and safety so that you can dine with confidence.

## What should you do if you have allergies or dietary needs?

### 1. Contact Your Food Service Director

Having a simple conversation at the beginning of an academic semester to state your needs, ask questions and troubleshoot different situations is critical for developing a safe and nutritional meal plan.

Food Service Director

John Bogatz

[jbogatz@creativedining.com](mailto:jbogatz@creativedining.com)

Phone: 402-238-1440

### 2. Learn and Understand Allergy Icons

We have established a set of allergy icons that will identify ingredients that may cause an allergic reaction. There are eight icons. These icons will be placed on food item identification monitors so that all will be aware.

# THE Big 9 Allergens



CONTAINS WHEAT



CONTAINS MILK



CONTAINS EGGS



CONTAINS SOY



CONTAINS PEANUTS



CONTAINS TREE NUTS



CONTAINS SHELLFISH



CONTAINS FISH



CONTAINS SESAME

Many of the items that will be served as entrees may have the allergen mentioned in the name, which is key for you to read and understand. However, always check the allergen icons on a dish.

#### 4. When in Doubt, Ask!

Our goal is to provide each student with an exceptional dining experience in all aspects. If you are unsure about a dish, ask a server or speak to the chef. Our staff is happy to help you.