Dining Services is dedicated to supplying the university community with daily menus that constantly change, adding new and interesting items and specials. At all times, Dining Services is committed to offering nutrition information for the menu items served in the dining centers. To support this initiative and transparency on nutrition information, Dining Services promotes healthy eating with the Y.E.S., You’re Eating Smarter program, which provides healthy eating options in all dining centers.

DIETITIANS ON STAFF
You can contact our registered dietitians with any questions and concerns at yes@vt.edu.

OPTIONS FOR ALLERGIES & DIETARY PREFERENCES
We have a wide variety of on-campus options!

INTERACTIVE MENUS ONLINE & ON THE HOKIE DINING APP
These menus allow you to search for allergens, dietary preferences, and favorite foods.
INTERACTIVE MENU

We locate nutrient information on hundreds of products via manufacturers, the USDA database, and package labels for foods served all over campus. Using this information, we are able to create an interactive menu webpage with nutrition information generated by a computer system to analyze each recipe on our menus. This enables us to give you the most accurate information possible. When changes take place, the nutrition information is updated on the computer system, which immediately updates the webpage.

Through this interactive menu, you can find nutrition facts, ingredient lists, as well as allergens. There is also an allergen and ingredient filter where you can search for menu items that contain the top eight allergens, gluten, as well as three ingredients of your choice. Next to the corresponding menu items, a single asterisk “*” denotes vegetarian options while double asterisks “**” denotes vegan offerings.

The Hokie Dining app - available for Apple and Android - is a mirror image of the dining services interactive webpage and displays all the same ingredient, nutrition, and allergen information.

Find a tutorial of how to navigate our menu on our website or YouTube page!

ADDITIONAL RESOURCES

If you’re looking for reliable nutrition websites, we have many on our nutrition web page under “Y.E.S. - You’re Eating (and Living) Smarter.” These websites have trustworthy information on general nutrition, vegetarianism, special dietary needs, eating disorders, and sports nutrition.

Y.E.S. - YOU’RE EATING SMARTER

With the Y.E.S. - You’re Eating Smarter Program, Virginia Tech Dining Services is doing its part to keep you and the planet healthy. When designing our menus, we strive to provide well-balanced options in all dining centers. Throughout our venues you will find whole grain options, lots of fruits and vegetables, low-fat dairy, and protein options. Additionally, we made a commitment to eliminate artificially occurring trans fats where possible.

The YES to-go program was created in response to student requests for healthier grab-n-go options. All items have less than 600 calories, do not contain trans fat, less than 30 percent of calories from total fat, and many items emphasize whole grains and heart healthy fats.