

# JANUARY 2026

# SPECIAL EVENTS & PROMOTIONS



SUN

MON

TUE

WED

THUR

FRI

SAT



## HAPPY NEW YEAR!



**New Year's Day**  
Happy New Year!

01

**NOURISH TO FLOURISH**  
IN THE NEW YEAR  
NUTRIENTS WORTH ADDING

Focus on What You Can Add to Your Diet

- Dietary Fiber
- Potassium
- Vitamin D
- Protein

**QUICK TIPS**

- PLAN MEALS
- STAY HYDRATED
- EAT THE RAINBOW
- DON'T SKIP MEALS
- BUILD BALANCED MEALS

BeWell

02

03

**ASU & DINING**



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@Albany State University Dining Services



04

05

06

07

08

09

10



**Milk Day**  
Available Daily

11



**First Day of Classes**  
Start off Strong Rams!!

12



**Pizza Hut**  
10% OFF  
Pizza Melt & 6 Wings Combo

13



**Fried Chicken Wednesday**  
Every Wednesday @ LUNCH

14



**Grilled Chicken Panini**  
Available all Month

**GOLDEN ESPRESSO**  
**THE RAM HIDEAWAY**  
SNACKS • BEVERAGES • GRAB N GO

15



**Fish Fry Friday**  
Every Friday @ Lunch

16



17



**World Religion Day**

18



**Martin Luther King Jr. Day**

**All Retail: CLOSED**  
**Dining Hall: Brunch Hours**

19



**As Seen On TikTok**  
TikTok Featured meal @ Lunch!

20



**BeWell Table**  
East Caf @ Lunch

21



**Premium Night**  
Shrimp Scampi @ Dinner

22



**Station Takeover**  
Try our Mediterranean Concept! @Lunch

23



**Peanut Butter Day**

PB&J Grab N' Go @ Deli for Lunch

24

**SO GOOD!**

**SWEET POTATOES**  
DELICIOUS, SEED TO TABLE.  
SEASONAL FLAVORS. FRESHLY PREPARED.

A fall harvest favorite, sweet potatoes are nutrient-dense and available year-round. They grow best in warm soil and are also drought-tolerant.

25

26



**Dining Through the Decades**  
Nutella French Toast @ Breakfast

27



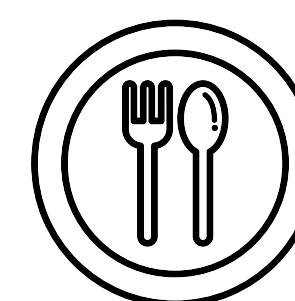
**Blueberry Pancake Day**

28



**SoGood Loaded Sweet Potato Skins**  
@ Lunch

29



**Dine with Director**  
East Caf 3:00 p.m.

30



**Hot Chocolate Day**

31