Dining at Middlebury

Welcome to Middlebury College! During Orientation you will be introduced to Atwater, Ross and Proctor dining rooms. Please visit and enjoy each location throughout the year.

As you schedule your classes, don’t forget to schedule time to eat! *When* you eat is as important as what you eat. Balance your meals, make smart choices. Certain foods are energy foods, mood foods or brain foods. Make sure you get enough of each kind! Many of our foods are cooked from scratch in small batches to provide the freshest choices for you. We take great pride in our continuous support of fresh local agriculture and business: this past year 20% of our total food budget went to Vermont sourced foods and 32% of our budget went to products sourced from a 250 mile radius of Middlebury!

Speaking of scheduling, the peak time at all three dining rooms is during lunch time as classes let out. By arriving before or after that window you will have a far better experience. Please underestimate your hunger – we’ll always have more food if you need it! If you know you will be busy during lunch, you can always come to Proctor in the morning to make a bagged lunch for yourself.

Special diets are nothing new to us. If you have allergies or other special needs please contact me (mbiette@middlebury.edu) or talk with the chefs in our dining rooms so that you can comfortably and safely enjoy the dining room experience.

For more information on all things dining please visit our website at [http://www.middlebury.edu/studentlife/dining](http://www.middlebury.edu/studentlife/dining). This site includes menus (the single most used web address on campus!), hours of operation, our calendar (closings/openings) and information on who to contact in each operation.

We all look forward to seeing you here on campus. Please don’t ever hesitate to ask us a question.

Sincerely,

Matthew

Matthew Biette
Director of Dining Services