

Colonel's Cupboard presents:

# THE COLONEL'S BULLETIN



Hello Colonel's and Welcome to the Colonel's Bulletin, a monthly newsletter from/about the Colonel's Cupboard. Here's everything you need to know this month about the Cupboard, including upcoming events and pantry updates..

## MARCH RESTOCK DATES:

MARCH 10TH & 28TH

STOP BY TO CHECK OUT WHAT'S NEW!

## PRODUCE POP-UP

MARCH 19TH,  
11AM-1PM

FIRST FLOOR  
OF THE SUB

FRESH PRODUCE  
AVAILABLE FOR FREE!  
"BRING YOUR OWN  
BAG IN ORDER TO  
JUMP THE LINE!!!!



## PANTRY HOURS

M-F: 9AM-7PM

SAT: 12PM-3PM

## RECIPE OF THE MONTH: CREAMY MUSHROOM PASTA

### INGREDIENTS:

1 CAN CREAM OF MUSHROOM  
SOUP

1 CUP COOKED PASTA  
(MACARONI, PENNE, ETC.)

½ CUP SHREDDED CHEESE



MIX COOKED PASTA WITH CREAM OF MUSHROOM SOUP, TOP WITH CHEESE, AND MICROWAVE FOR 2-3 MINUTES UNTIL WARM AND MELTED. ADD AN OPTIONAL PROTEIN WITH IT TO GIVE IT A MEATY KICK.

REMINDER: PLEASE  
REMEMBER TO  
SIGN IN USING  
YOUR WIN WHEN  
VISITING THE  
PANTRY

SNAP A PIC OF YOUR MEAL AND TAG US ON  
INSTAGRAM @SERVEATWILKES TO BE  
FEATURED!

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(CONT.)



## GET INVOLVED!!!!

### DONATIONS NEEDED:

DO YOU WANT TO HELP YOUR FELLOW COLONELS BUT DON'T KNOW HOW TO HELP? WELL YOU CAN DONATE DIRECTLY TO THE PANTRY.

WE'RE ALWAYS IN NEED OF ITEMS THAT GO DIRECTLY TO SUPPORTING THE WILKES COMMUNITY. WE'RE IN NEED OF PERSONAL CARE ITEMS.

YOU CAN BRING ANY DONATIONS DIRECTLY TO THE PANTRY OR YOU CAN CHECKOUT OUR AMAZON WISH LIST: [HTTPS://A.CO/1TQ8FTI](https://a.co/1tq8fti)

## STAY CONNECTED!!!!

LOCATION: RIGHT  
BEHIND THE SUB IN  
THE CAREER  
DEVELOPMENT &  
INTERNSHIPS  
BUILDING



CONTACT US:  
RODNEY.GIBSON@WILKES.EDU



FOLLOW US ON  
INSTAGRAM  
@SERVEATWILKES FOR  
UPDATES!



THANK YOU FOR SUPPORTING COLONEL'S CUPBOARD! TOGETHER, WE CAN FIGHT FOOD INSECURITY AND MAKE A DIFFERENCE ON CAMPUS.