



**Spring
2019**

sodexo



**LOCATIONS • HEALTHY OPTIONS
DINING CONTACTS • MEAL PLANS
EMPLOYMENT & JOBS**



MISSION STATEMENT

PROVIDE QUALITY FOOD AND
outstanding

SERVICE THAT CREATES AN
GREAT DINING
exceptional **EXPERIENCE!**

Student Meal Plans	1
Tenders & Budgeting	2
Campus Dining Map	3
Union & Thunder Alley Eateries	5
Lopes Way Eateries	7
Arena, Roadrunner & Diamondback	8
East of 27th Ave & Special Options	9
Convenience Stores	10
Healthier Eating	11
Dining Events	15
Employment	16
Direct Feedback	17
Other Feedback	18
Contact Us	19

STUDENT MEAL PLANS

On-Campus Living

Dining on campus makes life easier. No grocery shopping, cooking or clean-up necessary. With over twenty dining locations and five convenience stores available across campus, you can find what you want, right when you want it. Students living on campus are required to purchase a meal plan. Students choose their own meal plan based on personal dietary needs. Our top-tier plan offers the best value and includes \$150 bonus dining dollars!

Off-Campus Living

Between classes, extra-curricular activities and studying, it can be difficult to find time to sneak in a snack or eat a whole meal. If you find yourself hungry between classes, a meal plan may be right for you. Our eateries provide the same market pricing used at other valley locations, so there's no need to leave campus to find food. Students living off-campus have the option to purchase a meal plan using scholarships, financial aid, or a payment plan similar to their tuition plan.

2018 Meal Plans

Dining \$\$'s Available	Notes	Cost
\$2,700 Dining Dollars	\$150 bonus dining dollars!	\$2,550
\$2,100 Dining Dollars	\$100 bonus dining dollars!	\$2,000
\$1,800 Dining Dollars	\$50 bonus dining dollars!	\$1,750
\$1,350 Dining Dollars	Resident Hall Minimum	\$1,350
\$750 Dining Dollars	Apartment Minimum	\$750

Please note: prices are **PER SEMESTER!**

Call **800-800-9776** or contact your Admission Counselor and/or Student Services Counselor to sign up for a meal plan. Please contact Disabilities if you want meal plan accommodations (pg. 19).

TENDERS & BUDGETING

Tender Types

Dining Dollars come with your meal plan, which is required for on-campus students. Dining Dollars are accepted at any dining location, including convenience stores, food trucks, and farmer's markets. If you have a balance remaining from a previous Semester, be sure to tell your cashier to use that first!

Lopes Cash does not come with a meal plan, but you can add some at any time to help with all of your daily needs. Like Dining Dollars, Lopes Cash is accepted at any dining location.

Spring 2019 Meal Plans: Week-By-Week Balances

The table below shows you what your balance should be at the beginning of key weeks throughout the semester. For example, if you have the \$1,350 Meal Plan in Week 10 (late October/early November), and have less than \$510 Dining Dollars remaining, you will run out before the end of the Semester at your spending rate.

To add more Lopes Cash to your account, sign into your Student Portal, go to Finance Hub, and then click on Lopes Cash.



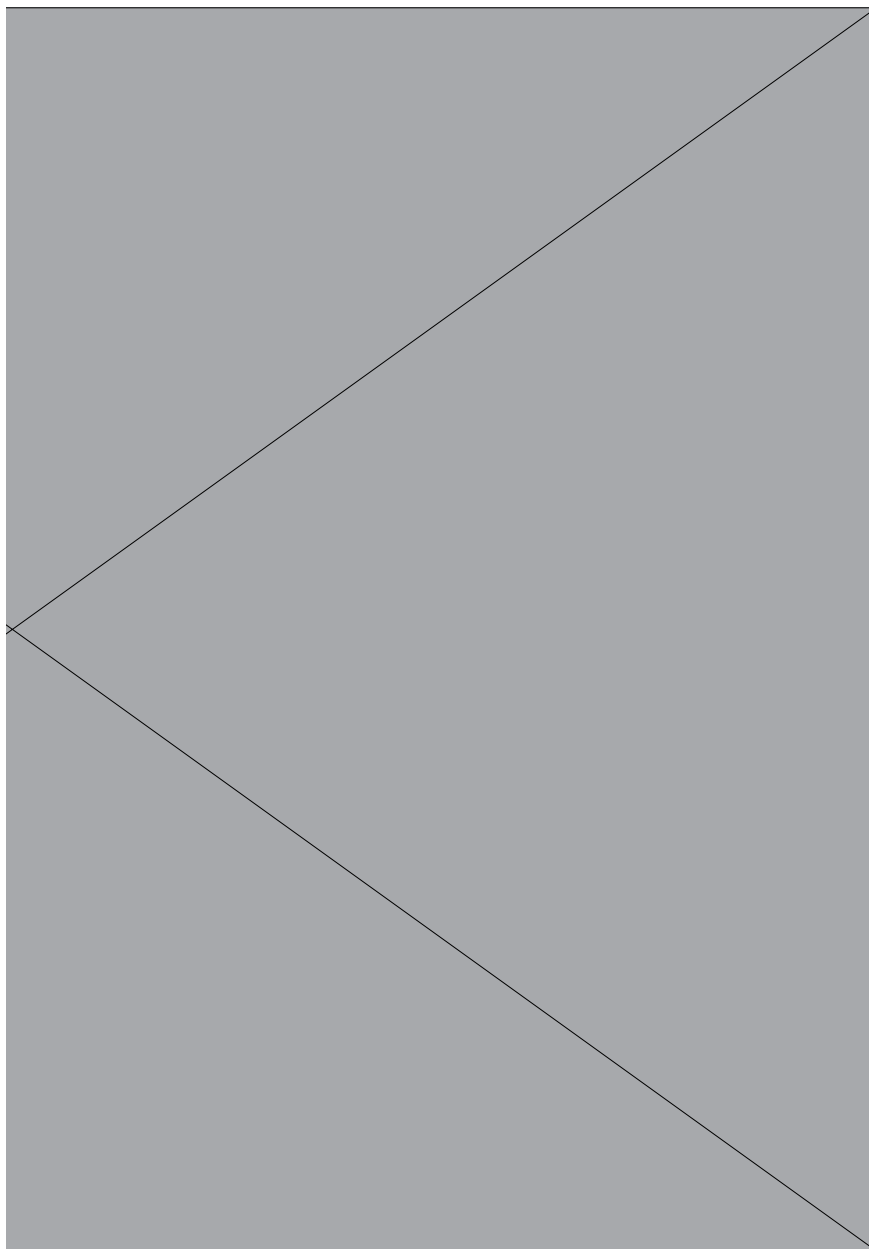
Week 1 (move-in)	Week 5 (early Feb)	Week 10 (mid Mar)	Week 15 (late Apr)	* Daily Average
\$750	\$515	\$282	\$46	\$7.35
\$1,350	\$930	\$510	\$84	\$13.24
\$1,800	\$1240	\$680	\$112	\$17.65
\$2,100	\$1,445	\$790	\$131	\$20.59
\$2,700	\$1,860	\$1,020	\$168	\$26.47

** Above is based on 102 academic days / 16 actual weeks. Don't forget to take Spring Break and other holidays into account!*

CAMPUS EATERY LOCATIONS



CAMPUS EATERY LOCATIONS



STUDENT UNION EATERIES



Fresh Fusion

Flatbread sandwiches, wraps, and tossed-to-order salads make this a great healthy choice. Customize your meal with a large topping selection. Check out our new updated menu offering!

Healthier Options: All salads and lean proteins



The Habit Burger Grill

Try a juicy Charburger, grilled chicken sandwich, fresh salad, or a hand-spindled shake. Fried green beans make an excellent addition to any meal!

Healthier Options: Grilled tuna & most salads. We will gladly lettuce-wrap your burger upon request!



Einstein Bro's Bagels

Einstein's offers an extensive menu with made-to-order sandwiches, a large variety of bagels, fresh premade salads, espresso and coffee drinks, and desserts!

Healthier Options: Reduced-fat schmears, most salads, & all-wheat bagels



Slices Signature

Slices is now offering made-to-order personal pizzas, salads, and wings. We feature crepes all day and offer our new breakfast flaky pockets!

Healthier Options: Build your own salad or veggie pizza; ask for less cheese to reduce calories



GCBC Coffee @ The Union (2nd Floor)

GCBC features a large variety of espresso drinks, pastries and their infamous cold-pressed coffee!

Healthier Options: Drop the syrup and whole milk to reduce sugar and calories



Urban Center Cafe

Located at the center of the Student Union, the UCC offers rotating menus featuring breakfast, pasta, desserts, and healthier hot entrees.

Healthier Options: All Mindful items are healthier; see Healthy Options section for more information

STUDENT UNION - OUTSIDE



Jamba Juice

Stop by and enjoy a fresh smoothie or a squeezed juice. It is next to Qdoba on the West side of the Union (outside entrance).

Healthier Options: All-fruit smoothies, fruit & veggie smoothies, juices, energy bowls



Qdoba Mexican Grill

This Mexican restaurant is your one-stop-shop for customizable bowls, salads, and burritos. Qdoba is famous for its salsa selection and high-quality ingredients. We're now offering Qdoba tacos!!

Healthier Options: Build a bowl without queso and sour cream. Go light on the cheese. Add fajita vegetables.

THUNDER ALLEY EATERIES



Zoyo Neighborhood Yogurt

Enjoy a treat while you game in Thunder Alley! Choose from a selection of delectable frozen yogurt flavors and toppings. Zoyo has increased its lineup of yogurt flavors for 2019!

Healthier Options: Low-fat and non-fat sorbets



Taco Bell **OPENING DATE TBA!**

By popular demand, America's favorite Tex-Mex fast food chain comes to GCU with a full menu!

Healthier Options: To be announced

LOPES WAY EATERIES



Subway

The largest subway sandwich franchise in the country offers a full lineup: fresh meats, veggies, breads, soups, chips, and desserts.

Healthier Options: The Fresh Fit Menu is the way to go. Also, any sandwich can be made into a salad!



Chick-fil-A

One of America's favorite fast food restaurants, Chick-fil-A brings its tradition of wholesome, high-quality fare and famous customer service to GCU.

Healthier Options: Grilled Chicken Sandwich, Grilled Market Salad, Grilled Nuggets and Fruit Cups. We will gladly lettuce wrap your sandwich!



Auntie Anne's & Jamba Express

Auntie Anne's serves delicious hand-made soft pretzels, dips, and lemonade. It operates alongside Jamba Juice Express. Try a soft pretzel & smoothie combination!

Healthier Options: All Fruit Smoothies



Panda Express

Enjoy the pioneer of quick-serve Mandarin-and-Szechuan-flavored Chinese dishes! There is no substitute for Panda's orange chicken!

Healthier Options: Mixed Veggies, Broccoli Chicken, Sweet & Sour Pork, Shrimp, Wok Smart Entrees



Pita Jungle

Upscale Mediterranean cuisine comes to GCU! Featuring a variety of pitas, sandwiches and salads.

Healthier Options: Most of our menu is considered healthy: low-calorie, highly nutritional, and delicious



Taco Thunder

Enjoy a delicious street taco, quesadilla, or burrito! Located on Lopes Way near Prescott Hall.

Healthier Options: Pork Carnitas Tacos, Fish Tacos

ARENA & ROADRUNNER



Arena Cafe @ Arena (2nd floor)

Featuring an updated menu and the best bang-for-your-buck value on campus, we offer large hamburgers, a great pancake breakfast, and more!

Healthier Options: Grilled Chicken Sandwich



Lean Canteen @ Arena (2nd floor)

Lean Canteen combines healthy options, generous portions, and high-quality ingredients. They specialize in delicious meal bowls and smoothies.

Healthier Options: Earth Bowls, Zucchini Panini



GCBC Coffee @ Roadrunner

GCBC's Roadrunner location is ideal for those on the go between classes and activities!

DIAMONDBACK APTS



Chick-fil-A

GCU's second Chick-fil-A location will offer GCU's favorite quality meals to the ever-expanding population East of the canal. The menu will be identical to the Lopes Way location.



Fresh Fusion

This popular healthy location has become a student favorite. By popular demand, Fresh Fusion brings its salad and wrap lineup to Diamondback. Most, if not all, of the menu will be the same.



GCBC

GCBC's third full-service location brings Diamondback their caffeine and snack fix!

EATERIES EAST OF 27TH AVE



Canyon 49 Grill

GCU Hotel's full-service restaurant features student discounts! Visit gcuhotel.com/restaurant.



GCBC Coffee @ Canyon 49 Grill

This coffee & espresso bar can be found right alongside the Canyon 49 Grill.

SPECIAL OPTIONS



Food Trucks

Food trucks make occasional appearances when there are other locations closed. These will be announced on Twitter.

Healthier Pick: Check daily menus for healthy options



Farmer's Markets

Farmers markets happen 2-3 times per week and offer healthy produce for a bargain price. Our one-price system allows you to fill the bag with whatever you can fit, with just a few limits on certain items.

Healthier Pick: Most produce



Simply-To-Go (STG)

Simply To Go is Sodexo's fast, delicious and quality lineup of to-go snacks and entrees. We feature a large variety of items, including fruit cups, salads, parfaits, and sandwiches. All C-stores carry STG!

Healthier Pick: Check our labels for Healthy Pick and Mindful items (see page 13 and 14)

CONVENIENCE STORES

Due to their distinction from "eateries," our convenience stores around campus are in their own category, even if they are often right next to other eateries around campus. Refer to the Dining Map for more info.



The Grid

The Grid is a full-service community store located right in the bustle of Lopes Way. It is a happening place, emphasizing community and convenience.



Juniper Hall (The Groves)

This convenience store is located at The Grove's in Juniper, and features everything newer students need for campus life!



Chaparral Hall

This store offers more organic and gluten-free choices than your average convenience store, while still offering plenty of traditional convenience items. Stop in for a poolside snack!



Agave Apartments

Located in the Agave Apartments across the Canal, this store offers a full line of convenience items and hot food items for Agave residents as well as students parking nearby on their way to class.



Canyon Corner Store (Building 71)

This new store is located in the GCU Admin Building and is geared towards the school's Admin and Faculty. The store features a full salad bar and seating area.

HEALTHIER EATING

Everyone knows that eating healthy is important, but it is easy to become lost in the terminology. The following is a brief guide to basic healthy eating, which can be applied to your dining experience here at GCU.

Superfoods

Superfoods are a hot topic for healthier and nutritious lifestyles. Superfoods are profoundly nutrient-dense and are a staple for a healthy diet. Top superfoods include acai, goji, mangosteen and noni. Keep in mind though, the term “superfood” has no FDA-approved definition, and

food marketers may misuse the term. There may be debate over superfoods, but there’s no argument over superfood groups. It’s inarguably simple. The four superfood groups include: fruits and vegetables, wholesome carbohydrates, lean protein and healthier fats.

Wholesome Carbs

Carbohydrates are commonly known to be forbidden, but carbs are generally misunderstood. The two types of carbs include complex and simple carbs. Try to limit your intake of simple carbs; much of the beneficial fiber and nutrients have been removed during processing. Simple carbs include white bread, white rice and traditional pasta. Complex carbohydrates, on the other hand, are largely unrefined. Natural fiber and key nutrients still remain, which is why complex carbs are called whole grains.



HEALTHIER EATING

Lean Proteins

As we age, our bodies naturally lose 3 to 8 percent of muscle mass per decade, which means our bodies require more high-quality protein. Protein is the building block of muscle tissue and provides all the necessary nutrients to keep your body strong, healthier and balanced. The important thing is to focus on “lean.” Meats full of saturated fat can be harmful, especially to the heart. Lean protein, on the other hand, aids in weight loss by helping you feel fuller, especially alongside a healthy, active lifestyle.

Healthier Fats

Like carbohydrates, fats have been synonymous with bad and unhealthy nutrition. Two basic types of fat include unsaturated and saturated. Try to minimize saturated fats. Saturated fat comes largely from animal sources and can raise your risk of heart disease and diabetes. Unsaturated fat, however, actually promotes heart health. Unsaturated fat is listed on

labels as polyunsaturated or monounsaturated fat. Omega-3 fatty acids are also beneficial to the heart and belong to this category.

All fat is calorie dense though; even good fats need to be enjoyed in modest amounts to avoid weight gain. For example, a splash of olive oil on your salad or when cooking is plenty.

Fruits And Vegetables

Once per ounce, fruits and vegetables contain more vitamins, minerals and immunity-boosting antioxidants than any other foods. Aim to eat a wide and colorful variety to ensure you’re receiving full health benefits.

Here are some tips for getting the most out of your fruits and veggies:

- Vary your salad combinations
- Order vegetable side dishes
- Grab fruit to go
- Frozen vegetables and fruits are just as nutritious as fresh
- Look for canned items with few or no added sugars or salt

HEALTHIER EATING



Mindful Dining

Sodexo is committed to creating healthy environments for our customers. Central to this effort is providing healthy, nutritious foods. Our executive chefs and registered dietitians worked together to create an exciting collection of recipes.

The result is Mindful – an approach that focuses on transparency of ingredients, delicious food, satisfying portions and clarity in message.

Our Mindful recipes meet the following criteria:

- 600 calories or less
- 35% or less calories from fat
- 10% or less calories from saturated fat
- trans fat FREE
- at most 100 mg cholesterol
- at most 800 mg or less sodium

• at least 3 g or more fiber
Additional features of Mindful:

- Sound nutritional philosophy and guidelines
- Based on latest science and leading health organization recommendations
- Chef & management training and certification through the Culinary Institute of America (CIA)
- Focus on taste and satisfaction

Mindful recipes are meant to enhance your health and quality of life. Look for this symbol at the Urban Center Cafe (Student Union) and on Simply To Go items in campus convenience stores. You'll know this item meets these criteria!



HEALTHIER EATING



GCU Healthy Picks

Sodexo's Mindful program is great, but it is limited to Sodexo recipes. For example, what if you are looking for Mindful and healthier things to eat, but you have a major soft spot for some Chick-fil-A (and who would blame you?)? To help you identify what items are healthier at all of our locations, we've created our Healthy Picks program, which will help you not only determine what items might be considered "healthy," but also what items are vegetarian, vegan, and gluten-

friendly. This is as simple as picking items that have the icons below.

An official Sodexo statement on Healthy Picks and especially allergy concerns: *please let the manager or supervisor on duty know if you have food allergies or other dietary restrictions, and feel free to ask us about ingredients, and how we prepare your food. We follow strict food safety practices, but many of our foods are prepared on shared equipment. Please talk to us about the best venues and food choices to meet your needs.*

If you are interested in seeing all of your options available, or wish to have accommodations made, contact the Disabilities Office to begin this process: disabilityoffice@gcu.edu.



Healthy
Pick



Vegetarian



Vegan



Gluten-
Friendly

DINING EVENTS

We realize that even good food is not enough to keep students motivated 100% of the time. Plus, we like to have fun too! The best way to stay tuned in to dining-related events is by following us on Twitter, and keeping an eye on our digital ads around campus.

Farmer's Markets

Farmer's Markets happen several times a week and allow you to shop for some fresh produce, much of which is local. This unique set-up allows you to purchase a bag for one price, then fill it however you wish (with certain restrictions). Dining Dollars are accepted!

Elite Dining Events

These are special meal events, such as BBQ and steak night. An example is our Valentine's Dinner, a special upscale dining experience on February 14th. We also feature dessert nights, poolside burgers, and many other events that happen periodically. Follow our social media to stay tuned for these.



EMPLOYMENT OPPORTUNITIES

We offer GCU students ongoing employment opportunities while attending school. Job opportunities offer competitive wages and flexible schedules. Students can pursue two employment options with Dining Services:

(1) Cashier or “front of the house” positions are ideal for students who are outgoing and enjoy interacting with customers and fellow students. Employment is through GCU Dining, and employees are managed by Sodexo. Cashiers are direct representatives of GCU Dining Services. For more information, visit the GCU Dining Office next to Einstein's in the Union, or visit the Career Impact Center online.

2) Students who prefer to be behind the scenes and drive their versatility should pursue a “back of the house” position in facilities, food production and operations. These positions are provided through Sodexo. Work schedules are flexible to help student workers continue to attend their normal classes.



For more information or to apply, please visit the Sodexo Office in the Student Union near the elevators, or visit: **sodexo.balancetrak.com** and make sure you search by zipcode **85017!**

FEEDBACK

Dining Committee

Do you want to join our elite team of secret shoppers?

Our student-run dining committee helps ensure that we are constantly achieving the best possible quality and customer satisfaction possible. Committee members conduct monthly mystery shopper visits and report their experiences in monthly meetings, which Sodexo managers attend. It's a great way to help your dining department keep an eye on our quality and help direct future dining options. Also, let's not forget free food and a T-shirt!!

Please note: this is an official ASGCU Committee, and as such attendance will be taken and a minimum commitment will be required.

For information on joining the committee, please contact **zachary.casavant@gcu.edu**.



Lunch With The GM

Our new lunch program will happen once a month and will allow students and faculty to get some face-to-face time with the Sodexo General Manager over a free meal. This is a great opportunity to have lunch and offer feedback on the options offered on campus, and engage with the manager directly, in real-time. If you are interested in joining us for a lunch, please reach out to us at **gcludining@gcu.edu**. Please note that we will take attendance and limit each student to 1-2 per Semester.



FEEDBACK

Comment Board

A napkin board in the Union is a fun way to leave comments for Dining Lope. The board is checked weekly and responded to. This is an especially popular way to request new items or leave general feedback in a more anonymous manner.

Social Media

Aside from physically finding a manager on duty, Twitter is the best way to leave feedback that requires a faster response. The Twitter handle is **GCUDining**. Twitter is also handy for checking hours of operation and viewing upcoming Sodexo events. We also have a GCU Dining Instagram account, also at **GCUDining** and Facebook page pending!



Dining Survey

Sodexo will conduct periodic feedback surveys, which will be emailed, texted, posted on Twitter, and other methods.

The surveys allow us to gauge our customer feedback. In the past, prizes such as skateboards, iPads and airplane tickets have been awarded for random participants.

Other Surveys

Occasionally other surveys will be deployed at new location openings, or available on Twitter or via email.

Email us

You can also leave non-urgent feedback for us via email: ***gcludining@gcu.edu***.



#FeedTheHerd

CONTACT US

General email address: gcludining@gcu.edu

Contact us with general, non-urgent inquiries.

General Manager

General dining-related questions and comments:

John Milleson

john.milleson@gcu.edu

Dining Director

General dining-related questions and comments:

Dawn Dieter-Belle

dawn.dieter-bell@sodexo.com

General Communication

Questions and feedback on this guide, articles, mobile app, website and Dining Committee:

Zachary Casavant

zachary.casavant@gcu.edu

Disabilities Office

If you require a dining accommodation or want to discuss food allergies, please contact the Disabilities Office:

disabilityoffice@gcu.edu

Catering Department

Catering events are set up through University Event Services (please see our Catering Guide). For other Catering questions:

Kody Linsacum

kody.linsacum@sodexo.com

Store Manager

For feedback specifically for any of our six convenience stores:

David Kinchlow

david.kinchlow@gcu.edu

