

sodexo^{*}

**Spring
2019**



Updated February 2019!

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



MISSION STATEMENT

PROVIDE QUALITY FOOD AND

outstanding

SERVICE THAT CREATES AN

~~**GREAT**~~ **DINING**
exceptional **EXPERIENCE!**



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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.

2019 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



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 pre-made salads, Caribou espresso and coffee drinks, and desserts!

Healthier Options: Reduced-fat schmears, most salads, & all-wheat bagels - Milk Substitutions: Almond, soy, and coconut



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

Healthier Options: Drop the syrup and whole milk to reduce sugar and calories - Milk Substitutions: Almond, soy, and coconut



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

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

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 offers GCU's favorite quality meals to the ever-expanding population East of the canal. The menu is nearly identical to the Lopes Way location.



Fresh Fusion

This healthy dining location has become a student favorite. By popular demand, Fresh Fusion brings its salad and wrap lineup to Diamondback. Most of the menu will be the same as the Union location.



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 and extremely busy store, emphasizing community and convenience.



Juniper Hall (The Groves)

This convenience store is located at The Grove 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.



New! Canyon Activities Center (Building 58)

Check out our Lopes Mart at the brand-new Canyon Activities Center! This store features hot and fresh food, and a lineup of items designed especially for student athletes.



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



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 work 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

Here are some additional features of our Mindful items:

- 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 website.

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 PROGRAMS

Mystery Munchers

Do you want to join our elite team of secret shoppers? Our student-run dining committee members - AKA the Mystery Munchers - help 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 with Sodexo managers. 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!! For information on joining the committee, please contact us at gcludining@gcu.edu



Meet 'N Greet Lunch

(Formerly Lunch with the General Manager)

Our new lunch program happens once a month and will allow students and faculty to get some face-to-face time with the Sodexo General Manager and a guest retail manager over a free meal. The guest manager will hand out flyers to guests, inviting them to the lunch. If you would like information on this program, please reach out to us at gcludining@gcu.edu. Please note: emailing us will not guarantee you a spot! The manager must issue an invite themselves. But it never hurts to ask and introduce yourself. :)

STAY CONNECTED

Comment Board

Stay tuned for our upcoming comment boards! These will be a fun way to leave comments for Chef Lope. Once installed, these boards will be checked and responded to for all to see.

Dining Survey

We will host campus-wide survey once per Semester. This will be emailed, texted, posted on Twitter, and available at an interactive table along with games and candy. We always feature random prize giveaways for participants. We have given out skateboards, iPads and airplane tickets in past surveys.

Mobile App

The GCU mobile app lists all the dining operations and their hours of operation in real-time. It also contains Dining Dollar budgeting information so you can spend wisely as the Semester goes along. To report an error with the app's hours, please contact us at gcludining@gcu.edu.

GCU Today

Keep you eye out for the Monday Campus Digest! We feature a weekly Food News Section which has spotlights on specials and events, including limited-time-offers are various locations. Be sure to take a look to see what's going on.

Social Media

Twitter is the best social media site to leave feedback and see information on dining. The Twitter handle is **GCUdining**. Twitter is handy for checking hours of operation, seeing daily menus at Urban Center Cafe, and viewing upcoming events. We also have a GCU Dining Instagram account which is growing in popularity, also at **GCUdining**, and a Facebook page under development.



#FeedTheHerd

CONTACT US

Visit Our Dining Office

If you have urgent concerns or questions, or are looking for a recently lost item, please stop our retail dining office. We are located next to Einstein's Bagels in the Student Union, Building 29.

General email address: gcudining@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:

Samantha Snyder

samantha.snyder@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 Managers

For feedback specifically for any of our six convenience stores:

David Kinchlow

david.kinchlow@gcu.edu

Angie Nalls

angela.nalls@gcu.edu

