



sodexo

UPDATED
JANUARY



DINING GUIDE

SPRING 2018





MISSION STATEMENT

PROVIDE QUALITY FOOD AND
outstanding

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

Student Meal Plans	1
Tenders & Budgeting	2
Campus Map	3
Union & Thunder Alley	4
Lopes Way & Roadrunner	6
Other Locations	7
Convenience Stores	8
Healthier Eating	9
Allergen-Friendly Eating	11
Employment Opportunities	12
Dining Events	13
Feedback	14
Contact Us	15

STUDENT MEAL PLANS

On-Campus Living

Dining on campus makes life easier. No grocery shopping, cooking or clean-up necessary. With over 20 different dining locations available across campus, you can find what you want, right when you want it, and conveniently. 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

Among classes, extra-curricular activities and studying, it can be difficult to find time to sneak in a snack or eat a good dinner. If you find yourself leaving campus often just to get food, a meal plan may be right for you. With over 20 locations, you'll find exactly what you're looking for! 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

\$2700 Dining Dollars	\$150 bonus dining dollars!	\$2,550
\$2100 Dining Dollars	\$100 bonus dining dollars!	\$2,000
\$1800 Dining Dollars	\$50 bonus dining dollars!	\$1,750
\$1350 Dining Dollars	Resident Hall Minimum	\$1,350
\$750 Dining Dollars	Apartment Minimum	\$750

Prices are PER SEMESTER! Dining dollars carry over Christmas Break, but expire at the end of Spring Semester. Call 800-800-9776 or contact your Admission Counselor and/or Student Services Counselor to sign up for a meal plan.

TENDERS & BUDGETING

Tender Types

Dining Dollars come with your meal plan, which is required for on-campus students. Dining Dollars are good at any dining location, including convenience stores, food trucks farmer's markets. Extra Dining Dollars roll over between Fall and Spring, but they expire at the end of Spring.

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 2018 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 1800 Meal Plan, are at Week 10, and have less than 720 Dining Dollars remaining, you will run out before the end of the Semester. Another thing to remember: unlike Lopes Cash, your Dining Dollars EXPIRE at the end of Spring Semester!

To add more Lopes Cash to your account, call 1-800-800-9776 or talk to your Counselor!



Start (Week 1)	Week 5	Week 10	Week 15	* Daily Amount
\$2700	\$1980	\$1080	\$180	\$23.50
\$2100	\$1540	\$840	\$140	\$18.30
\$1800	\$1320	\$720	\$120	\$15.60
\$1350	\$990	\$540	\$90	\$11.70
\$750	\$550	\$350	\$50	\$6.50

* Daily Amount is an average based on 115 days. Please take Spring Break and other holidays into account!

CAMPUS EATERY LOCATIONS

Missouri Avenue



Camelback Road

STUDENT UNION



Fresh Fusion

Flatbread sandwiches, wraps, and tossed-to-order salads make this a great healthy choice. Customize your meal with a large topping selection. Try the daily soup and pita chips!

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 Select Pizza

Slices is now offering made-to-order personal pizzas, salads, and wings. We are no longer open for breakfast, but we feature crepes all day!

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 page 11 for more information

UNION & THUNDER ALLEY



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.

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



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 2017!

Healthier Options: Low-fat and non-fat sorbets and yogurts



The Market at Thunder Alley

The Bistro offers sandwiches, salads, appetizers, lemonades and boba teas. They feature high-quality ingredients, including Boar's Head meats.

Healthier Options: Chicken Caesar Salad, Kale & Quinoa Salad, Grilled Portobello Sandwich, Mindful Soups of the Day



The Market at Thunder Alley

This is a pop-up exhibition-style location in Thunder Alley that operates certain days of the week during lunch. It offers exciting grab-and-go rotating menus.

Healthier Options: Pho noodles (on applicable days)

LOPES WAY & ROADRUNNER



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

Panda is 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 Entees



GCBC Coffee @ Roadrunner

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

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

OTHER LOCATIONS



Arena Cafe

Featuring an updated menu and some of the best bang-for-your-buck value on campus, the cafe offers large hamburgers, sandwiches, hot dogs and more!

Healthier Options: Grilled Chicken Sandwich



Lean Canteen

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



Antelope Gym Snack Shack

A small place with a large offering, the Snack Shack is perfect for between-class snacking and fuel for athletes! We now feature hot sandwiches.

Healthier Options: Fresh fruit cups



Taco Thunder

Taco Thunder is a street taco cart that is located on Lopes Way near Prescott Hall. We offer a variety of tacos, quesadillas, and nachos!

Healthier Options: Pork Carnitas Tacos, Fish Tacos (on applicable days)



Food Trucks

Currently at Diamondback Apartments, these food trucks are available most school days during lunch and dinner. The food truck vendors are announced on social media.



Farmer's Market

This market is usually located at The Grid, once or twice a week, but will occasionally move to other happening locations and times. A single price allows you to fill your bag with whatever you can fit!

CONVENIENCE STORES



The Grid

The Grid is a full-service community store located right in the bustle of Lopes Way. It is truly a happening place, emphasizing community and convenience. Farmer's Markets often happen here, as do other events on certain holidays.



Juniper Hall (The Groves)

This convenience store is located at The Groves, and features everything newer students need for campus life!



Chaparral Hall

Addressing the need for more allergen-friendly and healthy products, this store emphasizes more organic and gluten-free choices, while still offering traditional convenience items.



Agave Apartments

Located in the Agave Apartments across the Canal, this store offers a full line of convenience 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 excellent to include in a healthier 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 the number of simple carbs you eat; 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 @ GCU

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 so that making Mindful choices becomes second nature.

Our Mindful recipes at the Urban Center Cafe 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

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!



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:

<http://gcu.edu/careerservices>

(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 Union near the elevators, or visit:

<http://sodexo.balancetrak.com>
and make sure you search by zipcode **85017!**

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. These are just a few examples of the fun we will be having this Semester:

Market Station

Our new pop-up location in Thunder Alley offers exhibition-style food, with a rotating menu and occasional culinary surprises. They offer items such as pho noodle bowls, chicken and waffles, and more.

Farmer's Markets

These are usually at Chaparral or The Grid. One price gets you a bag which can be filled with whatever produce you like!

Elite Events

These are special meals, such as BBQ and steak night. They usually involve a small mark-up and offer fun, upscale cuisine.



FEEDBACK

Dining Committee

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

Napkin Notes

A napkin board in the Union is a fun way to leave comments for Napkin 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.



Twitter

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.



Dining Survey

Once per Semester, Sodexo will conduct a feedback survey, which will be e-mailed, texted, posted on Twitter, and other methods. The survey allows us to gauge our customer feedback, and we give out cool prizes to random winners selected from the survey. In the past, prizes such as skateboards, iPads and airplane tickets have been awarded.

Other Surveys

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

CONTACT US

General e-mail address: gcludining@gcu.edu

General Manager

General dining-related questions and comments:

John Milleson

john.milleson@gcu.edu

Dining Director

General dining-related questions and comments:

Lisa Bechtold

lisa.bechtold@gcu.edu

Dining Communication

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

Zachary Casavant

zachary.casavant@gcu.edu

Dining Marketing

Comments and feedback on hours of operation, signage, and social media:

Jeremy Edwards

jeremy.edwards@gcu.edu

Disabilities Office

If you require a dining accomodation, please contact the Disabilities Office:

disabilityoffice@gcu.edu

Store Manager

For feedback specifically for any of our five convenience stores:

David Kinchlow

david.kinchlow@gcu.edu



