

# FEEDING THE ELITE ARTIST

A photograph of four students sitting around a wooden table in a bright, modern dining area. Large floor-to-ceiling windows in the background offer a view of a brick building and lush green trees. The students are engaged in conversation and eating. On the table are two blue plastic cups, a laptop, and plates of food. A black and white plaid shirt is draped over the back of a chair. A black backpack is on the floor next to the table.

UNIVERSITY OF NORTH CAROLINA  
**SCHOOL OF THE ARTS**

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Get to know these icons to quickly see how you can use components of your meal plan or other forms of payment to eat on campus.



Dining Hall Swipe



Meal Exchange



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## FEEDING THE ELITE ARTIST

Welcome to UNCSA Dining! We are committed to providing you, our Elite Artist, not only a wide variety of healthy, artist-friendly food, but also places to socialize, decompress, showcase your talents, nourish, celebrate, develop life-long healthy habits, and establish memories that will last a lifetime.

Our 4 dining locations on campus are designed to make your dining experience the best it can be by providing good, nutritious food in a convenient and relaxed atmosphere. All of our dining locations accept your meal plan so you can use it to enjoy a freshly prepared meal or to just grab a quick snack on the go. Throughout the “Locations” section of this book, look for icons that show you how to eat using your meal plan, as well as other forms of payment.

This book will serve as a guide to help you select your plan and familiarize yourself with our locations and offerings to ensure you have the best possible dining experience on campus.

# CHOOSING YOUR MEAL PLAN



## **UNCSA DINING OFFERS A VARIETY OF MEAL PLANS THAT CAN BE TAILORED TO YOUR SPECIFIC NEEDS.**

We offer an All Access plan and meals-per-week plan for high school students, an All Access plan and meals-per-week plan for college students, and three commuter block plans for off-campus students.

All plans, except for the Block Plans, have a meals component that can be used in four ways:

- For dining hall meals (one swipe = all you care to eat)
- For meals at retail dining locations (Pickle Jar, P.O.D. Market & Library Cafe) through our Meal Exchange program
- For dining hall take-out via the reusable Eco-Clam Take Out Container.
- For snacks, beverages, coffee, and convenience items at retail dining locations with Bonus Bucks and Pickle Dollars.

Students who are on either the High School All Access or 10-meal plans or the College All Access or 175-meal plans also receive Bonus Bucks. Bonus Bucks supplement the weekly meals and can be used for purchases in the Library Café, P.O.D. Market, Pickle Jar, or the Dining Hall. High School students receive \$150 a semester and College students receive \$200 a semester. Bonus Bucks left from the fall semester are transferred over into the spring semester. At the end of the spring semester, unused Bonus Bucks are non-refundable and cannot be transferred to the new academic year.

Students who are on either the High School All Access or 10-meal plans or the College All Access or 175-meal plans also receive five guest meals per semester. Guest Meals can be used to treat a friend, visitor, or parent to a delicious meal at the Dining Hall.

Plans are billed through the cashier's office each semester. While Bonus Bucks roll over, meals do not. Keep this in mind as you select your plan, and monitor your usage through the semester to ensure you have the right plan.

# OPTIONS & PRICING

## HIGH SCHOOL MEAL PLANS

All residential high school students are required to be on the All Access meal plan. The All Access meal plan allows students multiple visits to the dining hall throughout the day for meals, snacks or even just to sit with friends - not just for big eaters! It's like having mom's kitchen right outside their residence hall (or classroom). They can grab what they want, when they want it or just go to socialize. Students do not have to worry about running out of meal swipes because they are unlimited instead of an allotted amount per semester. In addition, students with the All Access meal plan can visit the dining hall multiple times during the same meal period.

High School commuter students may sign up for the 10-meal plan or one of the Block Plans. High School commuters who are classified as NC residents will automatically be assigned the 10-meal plan. Sales Tax is applied to all Meal Plans at the rate of 6.75%.

The 10-meal plan is based on a weekly allotment of meals. You are allowed only one meal per meal period. You receive your plan's weekly allotment of meals each Sunday of the semester. At the end of the day, Saturday, any unused meals expire and you receive a new allotment of weekly meals.

## HIGH SCHOOL MEAL PLANS

Meal Plan	Meal Plan	Bonus Bucks	Price per Semester
High School All Access	Unlimited	\$150	\$2,350.50
High School 10	10 per Week	\$150	\$1,639

## COLLEGE MEAL PLANS

All college freshmen and sophomores living in the residence halls must participate in the All Access meal plan. In the Bailey Street Apartments, college freshmen and sophomores must be on at least the 175-meal plan. College juniors and seniors living in the residence halls may choose to be on either the Unlimited or the 175-meal plan. College juniors and seniors living in the Bailey Street Apartments will not be required to be on a meal plan. Students residing in the Centre Stage Apartments regardless of classification will not be required to purchase a meal plan.

**All Access Meal Plan** The All Access meal plan allows students multiple visits to the dining hall throughout the day for meals, snacks or even just to sit with friends - not just for big eaters! It's like having mom's kitchen right outside their residence hall (or classroom). They can grab what they want, when they want it or just go to socialize. Students do not have to worry about running out of meal swipes because they are unlimited instead of an allotted amount per semester. In addition, students with the All Access meal plan can visit the dining hall multiple times during the same meal period.

**College 175** The plans are based on a semester allotment of meals. There are 21-meal periods per week—breakfast, lunch, and dinner, Monday through Sunday. You are allowed to use multiple meal swipes during the same meal period. You receive your plan's allotment of meals at the beginning of the semester. At the end of the fall semester, any unused meals expire and you receive a new allotment of meals at the beginning of the spring semester. Sales Tax is applied to all Meal Plans at the rate of 6.75%.

## COLLEGE MEAL PLANS

Meal Plan	No. of Meals	Bonus Bucks	Price per Semester	Avg. Meals per Week
College All Access	Unlimited	\$200	\$2,251	Unlimited
College 175	175 per Semester	\$200	\$1,565	10

**NOTICE:** The College 175 meal plans do not provide enough daily meals to last the entire semester (please review meals per week averages). Once you use your allotment of meals for the semester, you will have to use cash, Pickle Dollars, Bonus Bucks or purchase a block plan to eat more meals in the dining hall.

## BLOCK PLANS

Students, faculty or staff members who do not have a meal plan may purchase block meals. The meals may be purchased in blocks of 20, 30 or 50 meals. The more meals you purchase the lower the cost per meal. Student Block Meal plans expire at the end of each academic year. The faculty/staff block meals do not expire. Meals may be used in the dining hall and will be deducted from your balance. The block meals can be purchased from the Aramark office on the ground floor of the Hanes Student Commons Room 128 or online at [unsa.campusdish.com](https://unsa.campusdish.com). With the block meals you may swipe your card more than once during a meal to pay for another person's meal. The meal exchange program is not available with the block meals.

## BLOCK PLANS

Meal Plan	No. of Meals	Price*
20 Block	20 Meals per Year	\$142.74
30 Block	30 Meals per Year	\$202.06
50 Block	50 Meals per Year	\$315.59

\*Prices include tax



# PAYING WITH YOUR MEAL PLAN





## DINING HALL SWIPES

*Dining Hall*

Just one card swipe at our dining hall in Hanes Student Commons, and you can eat as much or as little as you like. No need to think about how much you are spending here! Enjoy a variety of entrées, sides, soups, salads, cut fruit, and dessert, all for one meal swipe.



## MEAL EXCHANGE

*Pickle Jar, Library Cafe, P.O.D. Market*

Meal Exchange enables you to use one of your meals toward a purchase at the Pickle Jar, P.O.D. Market, and Library Café.

Students receive their seven Meal Exchange swipes each Sunday of the semester. At the end of the day, Saturday, any unused meals expire and students receive a new allotment of seven Meal Exchange swipes.

Meal Exchange options vary by location.

The P.O.D. Market accepts Meal Exchange for a Grab and Go entrée, side and beverage.

Meal Exchange options available at the Pickle Jar include an entrée from a select list, a side and beverage.

The Library Café accepts Meal Exchange with options including a muffin/bagel and beverage or a Grab and Go entrée, side, and beverage. Smoothies can also be purchased with Meal Exchange.

Only one Meal Exchange can be used per transaction



## BONUS BUCKS

Bonus Bucks are flexible funds that supplement the meals component of your plan. Consider it extra “food money.”

Use Bonus Bucks to:

- Buy extra meals or snacks if a meal has already been used during a meal period or if you run out of meal plan meals.
- Cover the difference if you want to purchase an item that is not a Meal Exchange option at the Pickle Jar, Library Café or P.O.D. Market.
- Buy a meal for a family member or friend when they come to visit.



# LOCATIONS





## HANES STUDENT COMMONS DINING HALL

The Dining Hall is located on the top level of the Hanes Student Commons and features the following stations:

**Healthy Corner** Catering to our Elite Artist the Healthy Corner provides a daily offering of lean chicken and/or fish seared with fresh herbs and light spice, a seasonal, local fresh vegetable sauté, using only a spritz of EVOO, and a whole grain, gluten-friendly pilaf.

**Mongolian Grille** The traditional Mongolian Grille allows our artist the option to pick and choose from a variety of vegetables and lean proteins which are prepared to order and served over rice or lo mien.

Breakfast at the Mongolian Grille offers artisan pancakes or French toast, cage-free egg to order and an omelet station, including egg whites and egg substitutes.

**Brick Pizza Oven** In addition to our freshly baked Brick Oven Pizza, we will serve a variety of pasta dishes, salads and warm breads.

**Exhibition** Meet our friendly staff at the Exhibition Station located center stage for another freshly, made to order entrée, which will include a vegan/vegetarian option.

**Comfort/Carving Station** A taste of home at the Comfort Station includes a traditional entrée, vegetable, starch, vegan/vegetarian entrée, and a Dine & Dash option. The roll-away Carving station will be featured several times a week, when serving carved proteins.

**Garden Spot & Deli** Stop at the Garden Spot & Deli for all of your locally featured fruits, vegetables, and sandwich cravings. The perfect place for a light, quick, and healthy bite.

**Hydration Station** 50%-60% of a healthy person is made up of water. Replenish yourself at the Hydration Station.



## THE PICKLE JAR

The newly renovated Pickle Jar is located on the top level of the Hanes Student Commons and has a wide variety of offerings, including fresh chopped salads, made-to-order grill items, burritos, toasted sandwiches and more. The Pickle Jar is open daily until midnight during the school year. Trying to be sustainable? You can upgrade any meal with Free Range chicken or Grass-Fed beef.





## P.O.D. MARKET

The P.O.D. Market stands for Provisions On Demand and is located on the First Floor of the Hanes Student Commons. The P.O.D. offers fresh grab and go sandwiches and salads for students on the run, as well as smoothies, and f'real milkshakes. Other convenience items are also available such as snacks, bottled beverages, health and beauty products, and school supplies. Focused on your health? Make sure to stop by and check out our Natural Selections section, featuring organic, gluten-free, vegan and vegetarian options.





## LIBRARY CAFÉ

Located on the lower level of the Library Annex, the Library Café is a great place to grab a snack or drink in between classes or on a study break. This location proudly serves Twin City Hive coffee, pastries, sandwiches, smoothies, wraps, soups, and more.





# HOURS OF OPERATION

## LIBRARY CAFÉ

*Monday - Thursday* 8am - 8pm

*Friday* 8am - 4pm

*Saturday - Sunday* Closed

The Library Café will be open during evening and weekend performances in Watson Hall or Performance Place.

The Library Café will be serving hot breakfast biscuits in the mornings.

## POD MARKET

*Monday - Friday* 9am - 12am

*Saturday* 10am - 12am

*Sunday* 5pm - 12am

The POD Market will be serving hot breakfast biscuits in the mornings.

## PICKLE JAR

*Monday - Friday* 11am - 12am

*Saturday* 11am - 11pm

*Sunday* 2pm - 12am

Saturday hours are subject to change during heavy production times.

## DINING HALL

*Monday - Friday* **BREAKFAST** 7:15am - 11am

**LUNCH** 11am - 4:30pm

**DINNER** 4:30pm - 7:00pm

*Saturday* **BREAKFAST** 9am - 11am

**LUNCH** 11am - 4:30pm

**DINNER** 4:30pm - 7pm

*Sunday* **BREAKFAST** 9:30am - 11am

**LUNCH** 11am - 4:30pm

**DINNER** 4:30pm - 7pm

Monday - Friday from 10am until 11am a Continental Breakfast is served.

Monday - Sunday from 2pm until 4:30pm Soup, Salad and Deli is served.

# HEALTH & WELLNESS



We believe that good food is essential to a healthy life. Our commitment is to help you power your life on campus with good food and a dining program that makes it easy for you to eat right.

It's why we have healthy and wholesome choices available every day and it's why we have nutrition and wellness programs that help take some of the mystery out of healthy living.

Here are just a few of the many steps that we are taking to support your health and well-being:

- Our menus are created by experienced chefs who have a passion for food.
- We feature fresh fruits, vegetables, whole grains, lean proteins, and low or non-fat dairy options.
- We provide calorie-conscious choices and make nutrition information available for all the food we serve.
- We're proud to serve culturally diverse menus, featuring traditional favorites, ethnic dishes, and international flavors.
- We recognize and accommodate special dietary needs in a personalized, sensitive manner.
- Our recipes are freshly prepared and made as close to the meal time as possible.
- We provide a vegetarian-friendly environment, with a variety of vegetarian or vegan choices.
- When available, our menus include seasonal selections with local and sustainable products.
- We are reducing the amounts of sodium and unhealthy fats in our recipes, and working with our suppliers to do the same in their ingredients.
- Our chefs and dietitians help take the mystery out of healthy eating with nutrition education programs and wellness events.



## VIEW MENUS & NUTRITION INFORMATION

It's easy to plan your meals when you have all the information. Get up-to-date menus and nutritional information on our website, [unsa.campusdish.com](http://unsa.campusdish.com). You can use our nutritional icons and nutrition calculator to pick out the best meal for any diet.

## IPAD KIOSKS

The Dining Hall provides iPad kiosks in the serving area. Here you can find calories, ingredient lists, compare menu items based on nutritional content, and easily find vegan and vegetarian options.



## VEGAN, VEGETARIAN, AND ALLERGEN FRIENDLY OPTIONS

We offer a wide array of tasty vegetarian and vegan options at every meal in the dining halls and at many of the campus restaurants. Below is a list of our options:

- **Home Line** Features 1 vegetarian or vegan entree daily along with an assortment of hot vegetables and starches.
- **Pizza** Features 1 vegan pizza daily; Gluten-Free pizza available upon request.
- **Soup** Features one vegan or vegetarian soup daily.
- **Salad/Deli** Features a fresh assortment of vegetables and legumes and has hummus daily. Gluten-Free breads and wraps available daily.
- **Exhibition** Made-to-order exhibition entrée can be made vegetarian and vegan upon request.
- **Mongolian Grill** Vegan tempeh or tofu available daily; gluten free soy sauce.
- **Elite Artist** Features Gluten-Free lean meat options, whole grains, steamed vegetables, and a vegan or vegetarian burger daily.
- **Cereal** Chex Mix offered daily.
- **Soy Milk** Offered for lactose intolerant individuals.
- **Non-dairy Soft Serve** Available daily.
- **Gluten-Free Dessert** Available upon request.
- **Peanut Products** Served in individually sealed packets.
- **Campus Retail Locations** Offer a wide variety of Gluten-Free, vegan, vegetarian, Paleo bars, beverages, and snacks. Pickle jar can provide a Gluten-Free bread upon request.

## ACCOMMODATING STUDENTS WITH FOOD ALLERGIES

Below are a list of steps for students with special dietary restrictions to take:

1. Notify the UNCSA Dietician.
2. Review the “Guide to Managing Food Allergies” booklet, which is located at the entrance of the Dining Hall.
3. Schedule a meeting with UNCSA Dining Manager & UNCSA Dietician to develop a plan so you can navigate the campus dining locations. (Individual menu development and specially prepared foods can be provided when the daily offerings do not meet an individual's dietary needs.)
4. Read the station signage, menus and ingredient information available on the iPads in the Dining Hall and at **[uncsa.campusdish.com](http://uncsa.campusdish.com)**.
5. When in doubt regarding ingredients in a particular food, direct your questions to our Executive Chef or manager on duty.

Steps we have taken:

- Removed all peanut products from the Dining Hall, except for the individually portioned peanut butter cups.
- Substituted flax seeds on the salad bar for sunflower seeds.
- All desserts offered in the Dining Hall are nut-free.
- Gluten-Free products are available upon request.
- Hired a registered dietician to provide free consultations.

**REGISTERED DIETITIAN**



UNCSA Dining Services has an on staff Registered Dietitian dedicated to the investigation, design, and implementation of Health and Wellness practices in the dining locations.

## ROLE OF THE REGISTERED DIETITIAN

The goal of the UNCSA Dining Services' Nutrition Program is to enable, educate, and encourage people of all ages to adopt and lead healthier lifestyles. The program recognizes various food preferences and allergies among the campus population and is dedicated to meeting the nutritional needs of its students, providing nutrition education, and spreading nutrition awareness.

- The Registered Dietitian (RD) collaborates with the chefs in developing and planning a four-week menu cycle for our residential dining halls, incorporating a variety of menu options to satisfy a number of special diets (gluten-free, vegetarian, vegan, etc.).
- The RD is involved in one-on-one student nutrition counseling for those with special dietary needs. The RD works closely with the culinary team to ensure student's dietary needs are being accommodated. Individual students are able to meet with the RD, manager, and chef to arrange for specially prepared food when the daily menu offerings do not meet their needs.
- The RD, manager and chef educate the food production staff regularly on the severity of food allergies/intolerances and how to avoid the risk of cross contamination.
- Throughout the year, the RD involves the students in nutrition education and awareness through tabling events, food samplings, and other various programs.