

# FEEDING THE ELITE ARTIST



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



Bonus Bucks



Pickle Dollars



Cash/Credit

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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 brochure, look for icons that show you how to eat using your meal plan, as well as other forms of payment.

This brochure 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) and at Pickle Jar Late Night in The Hector Manuel Lopez, Jr. Dining Hall.
- For meals at retail dining locations (Freshens at the Pickle Jar (Spring 2025), Hanes Food Hive, Artist Village Food Hive, Studio Brew) 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 supplement. The weekly meals and can be used for purchases in the Freshens at the Pickle Jar (Spring 2025), Hanes Food Hive, Artist Village Food Hive, Studio Brew, or the Hector Manuel Lopez, Jr. 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 will be applied to all Meal Plans at the rate of 7%.

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 residing in the residence halls must participate in the All-Access meal plan. In Artist Village, college freshmen and sophomores must be on at least the 175-meal plan. College juniors and seniors residing in the residence halls may choose to be on either the Unlimited or the 175-meal plan. College juniors and seniors residing in artist village 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.

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 will be applied to all Meal Plans at the rate of 7%.

## 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 Sodexo Office on the ground floor of the Hanes Student Commons or online at <https://uncsadining.sodexomyway.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 block meals.

<b>STUDENT BLOCK PLANS</b>	<b>MEALS PER SEMESTER</b>	<b>PRICE PER PLAN</b>
<b>20</b>	<b>20</b>	<b>\$ 178.07</b>
<b>30</b>	<b>30</b>	<b>\$ 250.58</b>
<b>50</b>	<b>50</b>	<b>\$ 391.38</b>

<b>FACULTY/STAFF</b>	<b>MEALS PER SEMESTER</b>	<b>PRICE PER PLAN</b>
<b>20</b>	<b>20</b>	<b>\$ 168.59</b>
<b>30</b>	<b>30</b>	<b>\$ 238.65</b>
<b>50</b>	<b>50</b>	<b>\$ 372.74</b>
<b>5-Meal plan</b>	<b>5</b>	<b>\$ 35.00</b>

\*Prices include tax



# PAYING WITH YOUR MEAL PLAN





## DINING HALL SWIPES

*Hector Manuel Lopez, Jr. 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

*Studio Brew, the Food Hive Community Markets, and at the Pickle Jar Late Night.*

Meal Exchange enables you to use one of your meals toward a purchase at the Food Hive Community Markets, Studio Brew, and at Pickle Jar Late Night in the Hector Manuel Lopez, Jr. Dining Hall. **One Meal Exchange per transaction.**

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 Food Hive Community Markets and Studio Brew accept Meal Exchange consisting of:

Entrée - Sandwich, wrap, or salad

Snack - Fruit or a bag of chips

Drink - Coffee or water

Meal Exchange options available at the Pickle Jar Late Night in The Hector Manuel Lopez, Jr. Dining Hall include an entrée from a select list, a side and beverage.



## 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 Food Hive Community Markets, Studio Brew, and at Pickle Jar Late Night.
- Buy a meal for a family member or friend when they come to visit.



# LOCATIONS





## HECTOR MANUEL LOPEZ, JR. DINING HALL

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

### SIMPLE SERVINGS

ALLERGY-FRIENDLY FARE

A dedicated station offering fresh, delicious meals prepared without common allergens, including milk, eggs, wheat, soy, shellfish, peanuts and tree nuts. Simple Servings also omits gluten, which students may need to avoid due to celiac disease or gluten intolerance.



A SALAD EXPERIENCE

At Mix, students enjoy healthy, locally sourced, sustainable ingredients. Organic and vegan selections include composed salads, cold grains and pastas.



HEARTY BOWLS

Soups are fantastic, comforting meals in a bowl and include global flavors like curries, homestyle classics and satisfying hearty stews.



## STACKED

### DELI CASE

Custom-made subs, sandwiches and paninis on fresh-baked breads featuring fresh-sliced deli meats and cheeses, crunchy vegetables, and toppings ranging from classic to adventurous make Stacked the ideal destination for students looking for familiar comfort or something new and fun.

## TWISTS

### PASTA KITCHEN

Students select from a variety of fresh, flavorful ingredients to put their own unique twist on classic pasta dishes. With a variety of noodles, sauces and toppings to choose from, students are free to get as creative as they would like, or they can stick to the tried-and-true recipes prepared by our culinarians.

## SLICES

### PIZZA + SUCH

Artisan dough, combined with a simple sauce, melty cheese and any number of delectable toppings, makes for a complete meal that can comfort as well as surprise. Other selections include composed salads, cold grains and pastas where students can build exactly what they want. Buon appetito!

## SAVORY

CUSTOM KITCHEN

Familiar scratch-made comfort foods merged with authentic global flavors to create a cross-cultural dining experience like no other. From macaroni and cheese to chickpea and vegetable curry, this station offers comforting, satisfying options for all diners, including vegans and vegetarians.

## SHOWCASE

FLAVOR DESTINATION

Chefs on stage! From carved roasts to global-inspired ingredients hand-selected and cooked to order, guests receive a truly customized experience. Food-forward and chef-inspired dishes, from macaroni and cheese with trendy toppings to Korean BBQ pork tacos, offer comforting, satisfying options.

## SIZZLE

GRILL + GRIDDLE

With a smashing variety of hand-formed burgers, chicken sandwiches, quick-service breakfast foods and vegetarian items, Sizzle boasts a variety-packed menu and a bevy of toppings that range from classic, crunchy veggies to rich, appetizing add-ons.



The future of food is plant-based at Grown! Whether on a journey of discovery or fully devoted to plant-based eating, students can find fresh and locally sourced choices at Grown that positively impact both wellness and the environment. Grown's bold menu draws on flavor traditions, global cultures and trending tastes to create plentiful choices that fit seamlessly into any lifestyle.



Students can start their day out strong and keep their energy up with aromatic, freshly roasted coffees, all fair-trade certified and ranging from mild through bold. Refreshing herbal teas, soft drinks and infused waters round out the options.



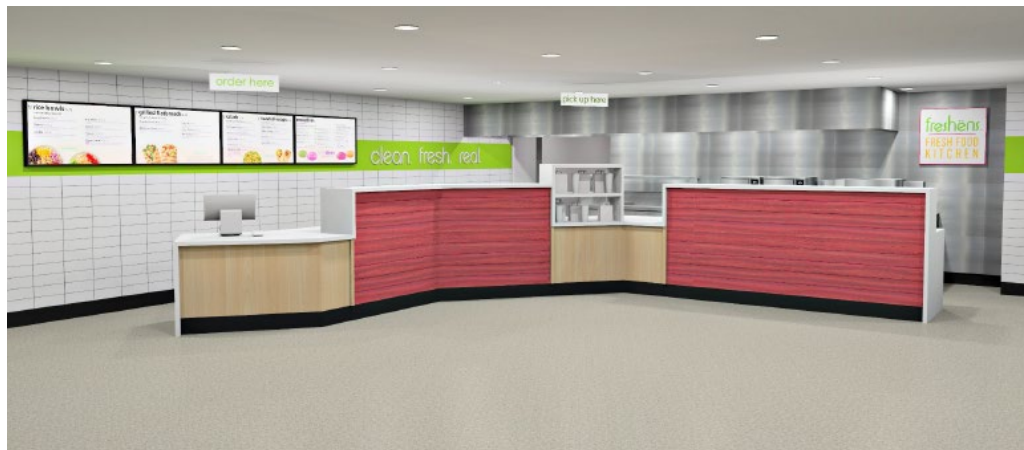
From popular ice creams to pastries, cookies, cakes and pies, Bliss offers everyday indulgence and the chance to sample something exotic.



## *Coming Spring 2025: Freshens at the Pickle Jar*

Freshens Fresh Food Kitchen at the Pickle Jar! Soon you'll be able to enjoy a fresh casual dining experience with a variety of prepared-to-order dishes, delicious, blended fruit smoothies, and Fresh Harvested Açaí bowls. Our "flavor first" menu is designed to be both healthy and hearty, allowing you to personalize your meal with ease. Whether you're looking for vegetarian, gluten-free, or vegan options, we will have something to satisfy every lifestyle. Stay tuned for our grand opening!

# freshens | FRESH FOOD KITCHEN





## Food Hive Community Market

Experience next-level convenience at the Food Hive Community Markets. The Food Hive is your one-stop destination for all essential needs right here on campus! Whether you're gearing up for a long study session, grabbing a quick bite between classes, or picking up daily necessities, we've got you covered. Food Hive offers a wide range of snacks, beverages, supplies and personal care items, aimed at making your campus life more convenient and enjoyable. Located on the bottom floor of the Hanes Student Center and at Artist Village.







## Studio Brew

Studio Brew We Proudly Serve offers Starbucks signature, hand-roasted coffees, espressos, lattes and more. Stop by for a quick coffee fix before class or stay and sip on a latte while you study with friends. Studio Brew also offers a delicious assortment of grab-and-go options and features local baked goods from Manhattan Bakery NC.



# HOURS OF OPERATION

## THE HECTOR MANUEL LOPEZ, JR. DINING HALL

### Monday - Friday

Breakfast	7:15am-10am
Light Lunch	10am-11am
Lunch	11am-2pm
Light Dinner	2pm-4:30pm
Dinner	4:30pm-7:30pm

### Saturday & Sunday

Brunch	9am-2pm
Light Dinner	2pm-4:30pm
Dinner	4:30pm-7:00pm

## ***PICKLE JAR LATE NIGHT***

Monday-Friday 7:30pm-11pm

Saturday-Sunday 7pm-11pm

## FOOD HIVE COMMUNITY MARKET AT HANES

Monday - Friday	9am - 10pm
Saturday	10am-10pm
Sunday	5pm -10pm

## **FOOD HIVE COMMUNITY MARKET AT ARTIST VILLAGE**

Sunday – Saturday      Open 24 Hours

## **STUDIO BREW**

Monday – Thursday      8am – Midnight

Friday      8am – 11pm

Saturday      11am-11pm

Sunday      2pm –11pm

## **Freshens at the Pickle Jar**

LOCATION COMING SPRING 2025

# HEALTH & WELLNESS



Providing you with healthy options on campus is something your dining team proudly does every day. We encourage you to be “Mindful” through delicious, nutritious and satisfying meals, snacks and desserts, along with providing nutritional information and tips to help you make healthy, well-balanced meal choices.

From our general manager to our front-line servers, we work diligently and carefully to accommodate your personal dietary needs.

- Here are a few highlights about our dining program:
- Mindful is Sodexo's health & wellness approach that
- helps you make healthy choices second nature!
- Mindful menu offerings meet stringent nutritional criteria based on the Dietary Guidelines for Americans.
- Our Simple Servings station accommodates to avoid the most common food allergies.
- The entire dining team is trained and understands the importance of accommodating those with food allergies, Celiac disease, or special diet needs.
- Our recipes are freshly prepared continuously throughout our dining hours to ensure plentiful meals for all.
- We feature fresh fruits, vegetables, whole grains, plant-based and lean animal proteins, and low or non-fat dairy options at every meal.
- We're proud to serve culturally diverse menus featuring tantalizing international flavors.
- We provide vegetarian and vegan friendly dishes for our diners who prefer this lifestyle.
- Our dietitian is available for confidential dietary
- consultations.
- Our chefs and dietitians work together to assist you in being Mindful through healthy eating with nutrition and wellness events.





## 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, <https://uncsadining.sodexomyway.com/>.

You can use our nutritional icons and nutrition calculator to pick out the best meal for any diet.



## 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. We are a nut free facility and offer food allergy accommodations.

Below is a sample of some of our delicious options:

- **Simple Servings:** A dedicated station offering fresh, delicious meals prepared without common allergens, including milk, eggs, wheat, soy, shellfish, peanuts and tree nuts. Simple Servings also omits all gluten.
- **Savory (our main line):** Features fresh hot vegetables and starches daily.
- **Grown:** Proudly serves an abundance of plant-based entrees to please our vegetarian and vegan artists.
- **Slices:** Our pizza station offers vegan cheese and gluten free crust available upon request.
- **Spoonful:** Just like it sounds, our soup station offers up spoonful after delicious spoonful of a vegetarian or vegan soup option daily.
- **Sizzle:** Stop by our grill station to enjoy our vegetarian black bean burgers. Gluten-free buns are available upon request.

- Showcase: Vegan tempeh or tofu available daily; gluten-free soy sauce.
- Mix/Stacked: Our salad station features an assortment of fresh, crisp vegetables, legumes and savory hummus daily. Gluten-Free breads and wraps are available at our deli station.
- Cereal: A variety of gluten free cereals are available every day.
- Soy Milk: Offered for lactose intolerant and dairy free individuals.
- Gluten-free desserts: available upon request.
- Campus Retail Locations: We offer a variety of gluten-free, vegan and vegetarian items, refreshing beverages, and satisfying snacks.

## ACCOMMODATING STUDENTS WITH FOOD ALLERGIES

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

1. Notify the UNCSA Dietitian.
2. Schedule a meeting with UNCSA Dining Manager & UNCSA Dietitian 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.)
3. Read the station signage, menus and ingredient information available in the Dining Hall and at <https://uncsadining.sodexomyway.com/>.
4. When in doubt regarding ingredients in a particular food, direct your questions to our Executive Chef or manager on duty.

A collage of four white bowls containing different types of berries. The top-left bowl is out of focus and contains a light-colored, textured substance, possibly a fruit puree or a different type of berry. The bottom-left bowl is in sharp focus and is filled with bright red raspberries. The top-right bowl is also out of focus and contains a light-colored, textured substance. The bottom-right bowl is in sharp focus and contains several bright red strawberries with green leaves.

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 several 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 can 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.



## MEET THE DIETITIAN

Joni Trotter, MS, RD, LDN is available for complimentary consultations on topics such as:

- Food allergies, celiac disease, or other special dietary needs
- Eating healthy on campus
- Vegan and vegetarian nutrition
- Sport and performance nutrition

She has a passion for leading a healthy lifestyle and empowering people of all ages to reach their healthiest potential through food and nutrition. She works with students, faculty and staff to encourage a healthy and holistic lifestyle. She also assists students on campus that have dietary restrictions, helping them become more comfortable in their new dining environment.

Contact Joni at: [joni.trotter@sodexo.com](mailto:joni.trotter@sodexo.com).