



# FUEL

## ARIZONA DINING & NUTRITION GUIDE



THE UNIVERSITY OF ARIZONA  
Arizona Dining



An aerial photograph of a campus scene. In the upper right, a large brick building with a red roof and a balcony is visible. To the left, a palm tree stands prominently. In the lower left, there is a large, octagonal swimming pool with a central fountain. The ground is paved with walkways, and there are various green plants and trees scattered throughout the scene.

# WELCOME TO THE WILDCAT FAMILY!

The purpose of this guide is to provide information on all things dining. Here you will find information about all eateries on campus, Meal Plan details, and nutrition resources. Arizona Dining strives to provide an award-winning dining experience that fuels your body and mind while cultivating and mentoring our staff through inclusive, experiential learning. We take great pride in contributing to your student experience, offering nutrition education and providing delicious food. We look forward to serving you!

Bear Down and dine with Arizona Dining!



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# CAMPUS DISTRICT MAP



## NORTH DISTRICT

1. Honors Village

## HISTORIC DISTRICT

- |                     |            |
|---------------------|------------|
| 1. Manzanita-Mohave | 6. Cochise |
| 2. Coconino         | 7. Yavapai |
| 3. Gila             | 8. Pima    |
| 4. Maricopa         | 9. Babcock |
| 5. Yuma             |            |


## GLOBAL DISTRICT

1. La Aldea
2. Coronado
3. Árbol De La Vida

## HIGHLAND DISTRICT

- |                         |                      |
|-------------------------|----------------------|
| 1. Pueblo De La Cienega | 6. Colonia De La Paz |
| 2. Posada San Pedro     | 7. Apache-Santa Cruz |
| 3. Villa Del Puente     | 8. Likins            |
| 4. Graham-Greenlee      | 9. Navajo-Pinal      |
| 5. Hopi                 |                      |





# DINING THAT FUELS YOUR BODY

Experience food through healthier choices that are nutritious, delicious, and convenient. With unique and varied dining options that enhance the student experience, Arizona Dining provides the fuel each Wildcat needs.

**Choose from over 30 diverse dining options on campus:**

- All-You-Care-To-Eat
- Markets
- International Cuisine
- À La Carte
- Cafés

**Use on-campus technology:**

- Order with the touch of a button through the Grubhub app
- Experience convenience with locker pick up
- Let our rovers deliver to you all across campus
- Grab-and-go options from smart vending



# '85

This award-winning all-you-care-to-eat concept restaurant is known for its extensive salad bar, full-meal hot line, pizza station made with whole grain crust, international station, carving section, and a veg-centric station. We also have a dedicated gluten-free toaster for gluten-free bread and bagels. You will enjoy the options available!

**LOCATED AT HONORS VILLAGE**

# NORTH





# ARIZONA MARKET

Awarded best retail concept, our one-stop market is centrally located on campus offering a hot and cold bar, fresh pastries, house-made grab-and-go sandwiches, salads, snacks, sushi, fresh produce, and groceries. Also featuring the scoop ice cream by Shamrock Farms.

**LOCATED AT SUMC - MAIN LEVEL**



# CACTUS GRILL

All-you-care-to-eat dining featuring different food stations. Choose from a rotating menu including hot line, carving station, roasted chicken, wok stir fry, freshly made BBQ, made-to-order omelets, grill, and an extensive salad, soup, and yogurt bar. Never go hungry at this award-winning dining facility.

**LOCATED AT SUMC - THIRD LEVEL**









# CATALYST CAFÉ

This café is a catalyst for amazing food. You can choose from a variety of coffee, drinks, breakfast and lunch sandwiches, salads, smoothies, and grab-and-go options. Enjoy a relaxing meal in a beautiful setting.

LOCATED IN BI05



# CHICK-FIL-A

Enjoy your favorites including Chick-fil-a sandwiches, nuggets, salads, or wraps with a choice of breaded or grilled chicken. Also featuring house-brewed tea, freshly squeezed lemonade, and sweet treats.

**LOCATED AT SUMC - MAIN LEVEL**



# CORE

Our homegrown healthy bowl bar lets you “build-your-own” featuring leafy greens or brown rice. Just add fresh vegetables, fruits, cheeses, nuts, seeds, and proteins.

LOCATED AT SUMC - MAIN LEVEL

# CORE+

Core+ is Core but more. Featuring a dedicated **gluten-free kitchen** plus dairy-free cheese, we’ve got you covered. Choose from house-made favorites including salads, quesadillas, rice bowls, smoothies, or açai bowls.

LOCATED AT GLOBAL CENTER - FIRST LEVEL





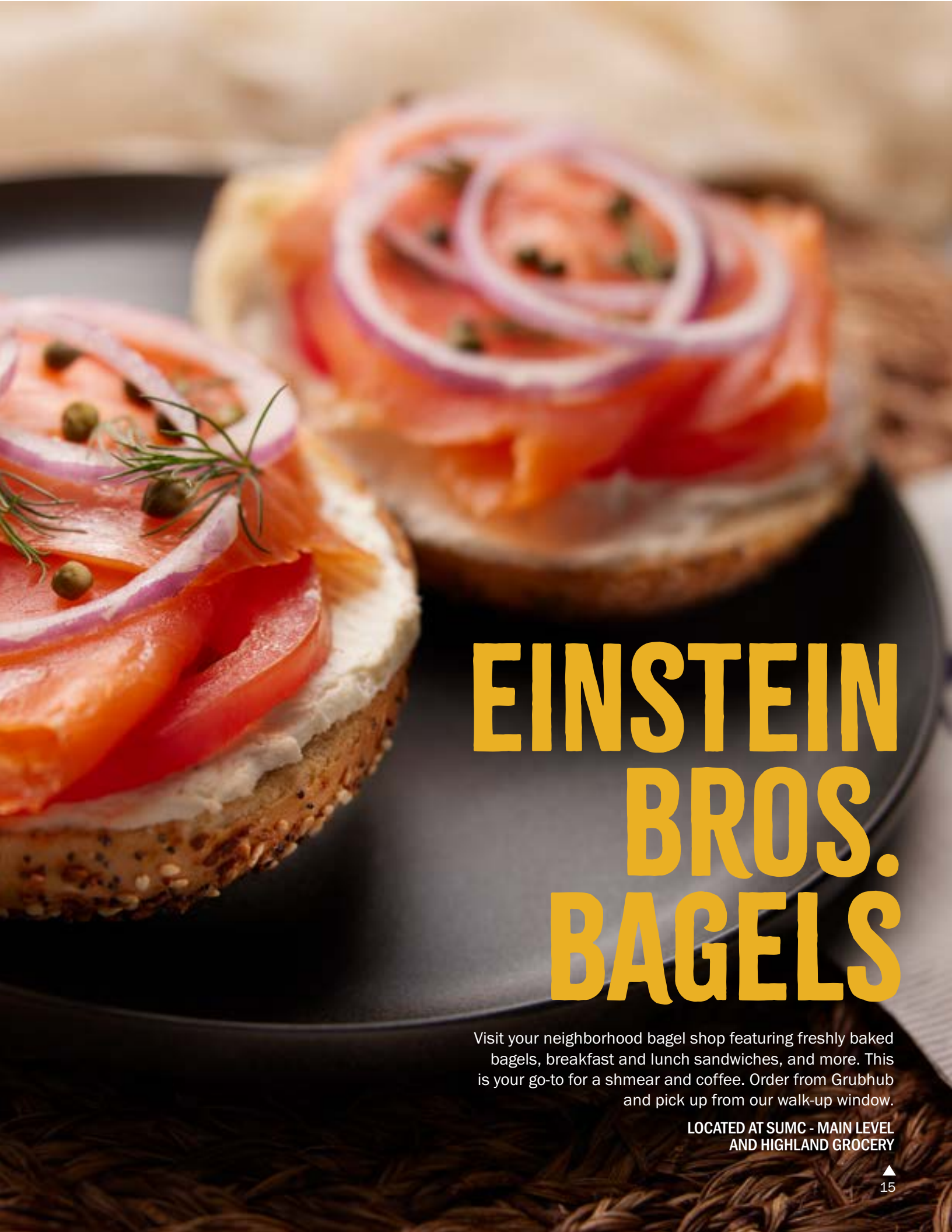


# CORK & CRAFT

Take a break from your literary adventures and sink into the cozy ambiance of Cork & Craft, where you'll find delectable shareables, mouthwatering main courses, and artisanal charcuterie. Try a signature Wilbur or Wilma mocktail, engage in a spirited game of Jenga or cornhole out on the patio, or simply escape from a busy day. With our extensive Swipe Menu, Cork & Craft welcomes Meal Plans, ensuring a satisfying dining experience for all.

LOCATED AT SUMC - MAIN LEVEL





# EINSTEIN BROS. BAGELS

Visit your neighborhood bagel shop featuring freshly baked bagels, breakfast and lunch sandwiches, and more. This is your go-to for a schmear and coffee. Order from Grubhub and pick up from our walk-up window.

LOCATED AT SUMC - MAIN LEVEL  
AND HIGHLAND GROCERY



# GLOBAL MARKET

Providing fare from around the world, this market caters to the international palate. Choose from house-made grab-and-go sandwiches, salads, snacks, sushi, fresh produce, and select international grocery options. You can also find our Just Baked vending machine offering hot, quick meals.

**LOCATED AT GLOBAL CENTER - FIRST LEVEL**





# HIGHLAND GROCERY

Highland Grocery is the university's first on-campus grocery store. This location provides a selection of curated items including fresh produce, bulk items, grocery staples, and snacks. Featuring an all-you-care-to-eat hot and cold bar, you'll be able to grab breakfast and lunch on the go while buying ingredients for dinner at the best prices. Staying open late, Highland Grocery offers the solution to midnight munchies.

**LOCATED AT HIGHLAND DISTRICT**





# IKE'S COFFEE

Enjoy an extension of the long-standing Ike's Coffee and Tea based in downtown Tucson. With a full-service barista station, all patrons can order custom-roasted, single-origin coffee drinks along with a small marketplace component with many convenience store items.

LOCATED AT MCCLELLAND HALL

**COFFEE**

	HOT		COLD	
	R	L	R	L
Regular Coffee	2 <sup>99</sup>	2 <sup>99</sup>	5 <sup>99</sup>	5 <sup>99</sup>
Latte	3 <sup>99</sup>	4 <sup>99</sup>	5 <sup>99</sup>	5 <sup>99</sup>
Mocha	4 <sup>99</sup>	4 <sup>99</sup>	5 <sup>99</sup>	5 <sup>99</sup>
Americano	2 <sup>99</sup>	3 <sup>99</sup>	3 <sup>99</sup>	4 <sup>99</sup>
Red eye	3 <sup>99</sup>	4 <sup>99</sup>	4 <sup>99</sup>	5 <sup>99</sup>
Cappuccino	3 <sup>99</sup>	4 <sup>99</sup>		
Espresso	2 <sup>99</sup>			
Iced Coffee			3 <sup>99</sup>	3 <sup>99</sup>
Cold Brew			3 <sup>99</sup>	4 <sup>99</sup>

**Not Coffee**

	HOT		COLD	
	R	L	R	L
Chai Latte	4 <sup>99</sup>	5 <sup>99</sup>	5 <sup>99</sup>	5 <sup>99</sup>
Raga Chai	4 <sup>99</sup>	5 <sup>99</sup>	5 <sup>99</sup>	5 <sup>99</sup>
Matcha Latte	5 <sup>99</sup>	5 <sup>99</sup>	6 <sup>99</sup>	6 <sup>99</sup>
Hot Chocolate	3 <sup>99</sup>	3 <sup>99</sup>		
FreshStart			3 <sup>99</sup>	4 <sup>99</sup>

**Milks**

- Whole
- Non-fat
- 2%
- Oat
- Almond
- Soy
- Coconut

+ \$0.75

**Spring**

- Blossom Baking
- Lavender Vanilla Latte
- April Showers
- Raspberry Malt
- Sun Happy
- Creamy Mocha
- Green Machine

**Add some flavor!!**

- Vanilla
- Caramel
- Hazelnut
- Toffee nut
- Amer
- Coco
- But
- Rin
- Cit
- L
- White C
- Chocole
- Irish C

**ICED**

- Green
- Pricky
- Black

**HOT**

- Southern
- White Tea
- Caramel
- Bombal

**COFFEE ALWAYS IS A GOOD IDEA**

**Spring**

**Add some flavor!!**





# IQ FRESH

Power your day with IQ Fresh. Offering build-your-own options, try a breakfast burrito or bowl and pair with our famous CHAMP smoothie (served all day). Or choose from freshly made salads, wraps, açai bowls, and smoothies. The only place on campus you can find green bean fries or cauliflower tots.

LOCATED AT SUMC - MAIN LEVEL



# MÁS TACOS

Featuring authentic Mexican food including tacos, tamales, and taquitos with house-made corn tortillas and salsa. Pair it with delicious sides, salads, and more.

LOCATED AT GLOBAL CENTER - SECOND LEVEL



# NRICH

## URBAN MARKET

Featuring fresh pressed juices, seasonal produce, freshly ground nut butters, infused waters, probiotic-rich frozen yogurt, grab-and-go meals, snacks, and sushi. Order from Grubhub and pick up from our pick-up window.

**LOCATED AT SUMC - MAIN LEVEL**

## URBAN MARKET EXPRESS

Enjoy your favorites from Nrich Urban Market in a convenient grab-and-go market case. Enjoy salads, infused water, and a variety of healthy snacks.

**LOCATED AT GLOBAL CENTER - SECOND LEVEL**





# ON DECK DELI

Select from our signature sandwiches or build-your-own sandwich or salad. Make it a combo by adding fruit or chips. This eatery also features a made-without-gluten case along with a dedicated gluten-free toaster for gluten-free bread and bagels.

LOCATED AT SUMC - MAIN LEVEL





# PANDA EXPRESS

Enjoy the fresh, flavorful combination of Chinese cuisine with bold American tastes. Try popular entrées such as Orange Chicken, Sweet and Sour Chicken, and Beef and Broccoli with your choice of rice or chow mein.

LOCATED AT SUMC - MAIN LEVEL







# PAPA JOHNS

Grab pizza by the slice or by the pie along with your favorite breadsticks. Customize with your favorite veggies and meats. Hot and freshly made to order.

LOCATED AT SUMC - MAIN LEVEL

# RADICCHIO

Offering all-you-care-to-eat dining that is entirely plant-forward. Choose international options from our rotating hot line menu, Mediterranean cold bar, or daily soups. You can create the perfect salad from the extensive salad bar or try something new from the plant-forward carving station. Radicchio also offers made-without-gluten options and does not include peanuts or tree nuts as ingredients.

**LOCATED AT SUMC - THIRD LEVEL**





# RED & BLUE MARKET

Salads, sandwiches, drinks, and snacks - all grab-and-go! Red & Blue Market helps you fuel while you're on the move. Check out our smart vending options, Costa Coffee and Just Baked, when you are looking for something hot and satisfying.

**LOCATED AT BEAR DOWN GYM - FIRST LEVEL**







# SABOR

One of Arizona Student Unions' homegrown dining locations featuring classic Mexican fare. With quesadillas, nachos, salads, and bowls, create your own entrées with endless combinations. There are several choices of seasoned proteins, beans, and sides, including delicious vegetarian options.

LOCATED AT SUMC - MAIN LEVEL



# SAFFRON BITES

Saffron Bites provides authentic Indian cuisine on campus. Enjoy a rotating menu of authentic Indian favorites. Entrées include dishes such as Chicken Tikka Masala, Chana Masala, and Saag with Basmati Rice. Appetizers include Vegetable Samosas and Dahi Kabab. Top it off with a refreshing Mango Lassi.

LOCATED AT SUMC - MAIN LEVEL



# SCENTED LEAF

This local Tucson tea house brings refreshing teas from around the world. No need to go off campus to enjoy, just order through the Grubhub app and pick up at our smart lockers or have a rover deliver. Milk alternatives are available.

LOCATED AT SUMC - MAIN LEVEL





# SHAKE SMART


This on-the-go location is made to fit your healthy lifestyle. Fuel your body with freshly blended protein shakes, organic açai bowls, overnight oats, and cold brew coffee. With a protein packed menu, Shake Smart is an easy way to power up your day or workout.

LOCATED AT NORTH AND SOUTH REC





# SICHUAN KITCHEN



Bringing the flavors of Sichuan to Arizona, this kitchen features Sesame Pickled Cucumbers, Spicy Eggplant, Potstickers, Egg Rolls, and more. Sichuan Spicy Beef Noodle Soup is a favorite on campus and one not to be missed.

**LOCATED AT GLOBAL CENTER - SECOND LEVEL**





# SLOT CANYON CAFÉ

Where nature meets great food and drinks. Slot Canyon Café features crafted refreshments, sandwiches, salads, and pastries in the beautiful setting at Environment and Natural Resources 2 (ENR2).

LOCATED AT ENR2 - MAIN LEVEL



# STARBUCKS

With three locations on campus, there's never a Starbucks too far away. Fill your cup to start your day (or study session) with one of your favorite beverages, and don't forget a panini or pastry while you're there. Order through Grubhub and skip the line.

**LOCATED AT BOOKSTORES, MAIN LIBRARY, AND GLOBAL CENTER**





# SUSHI WITH GUSTO

Freshly made sushi on-the-go with Gusto!  
Order at the sushi bar or Grubhub.

LOCATED AT SUMC - MAIN LEVEL



# THE DEN

The Den by Denny's serves breakfast all day, sandwiches, burgers, and even hand-spun milkshakes. Whether it's a hand-smashed burger for breakfast or an Original Grand Slam in the evening, The Den has you covered for any craving, any time.

**LOCATED AT GLOBAL CENTER - SECOND LEVEL**



# DINE WITH US

Arizona Dining includes over 30 kitchens cooking just for you! Here's a quick and easy list to reference when you're looking to fuel your body and feed your appetite.



## ORDER FROM THE GRUBHUB APP & SKIP THE LINE!

1. Show your order number.
2. Grab your food/beverage.
3. Enjoy!





# DINING AWARDS

We don't do what we do for the awards, but it is nice when we are recognized for our efforts. Through the years, our talented and dedicated team of managers, supervisors, chefs, cooks, dining assistants, and student workers, nutrition and administrative teams are proud to be acknowledged for our merits.



# COMMITMENT TO YOUR HEALTH



We are here to support everyone's food needs and designed Nrich (Nutrient-Rich), Arizona Dining's nine-point nutrition philosophy, as a standard for campus dining.

1. **Whole grains are used to increase fiber and nutrients.**
2. **Healthier fats including monounsaturated fats and omega-3 fats are utilized.**
3. **Plant-centered plates using whole foods that are minimally processed are emphasized.**
4. **Natural flavors, spices, herbs, and seasonings are used to limit added salt and sugar.**
5. **Variety of foods available to accommodate food allergies and celiac.**
6. **Vegetarian and vegan options are available with plant-based choices always offered where meat-based protein items are served.**
7. **Menus are transparent with nutrition information and ingredients available through our Nutrition Calculator.**
8. **Nutrition education classes and workshops are offered to help students and staff excel with health goals.**
9. **Executive Chef and Registered Dietitian ensure delicious, nutrient-dense foods are offered.**



# COMMITMENT TO YOUR HEALTH

# HEALTHIER

# HABITS

**Looking for healthy dining options on campus?**  
 Ever wonder what a nutrition expert would select?  
 Here is a list of healthier options compiled by our  
 nutrition team.



All-you-care-to-eat with an extensive salad bar, made-to-order omelets, carving station, steamed fish, and a veg-centric station.



Made with our house-made corn tortillas, fill your taco with mushroom, shrimp, spicy lentils, or chicken! Pair with our freshly made salsas. Add a protein to our cilantro salad for a lighter fare.



Providing Red & Blue grab-and-go meals including salads, wraps, sushi, fruit, and more! Mini market with frozen foods, staples, snacks, and fresh fruits. Grab-and-go produce and yogurts.



Serving fresh pressed juices, infused waters, plant-based milks, and freshly brewed teas. Grab-and-go with fresh nut butters, salads, sandwiches, reheatables, overnight oats, snacks, and more.



All-you-care-to-eat with an extensive salad bar, wok station, and carving station. Salad bar featuring lean proteins and vegetables.



Create your own healthy sandwich with whole grain breads and bagels. Add lean proteins, veggies, avocado, and sauces! Build a custom side salad or add a cup of grab-and-go fruit.



Build-your-own salad, brown rice, or cauliflower rice bowl. Top it off with fruits, veggies, beans, and lean proteins. You can add nuts, seeds, and vinaigrette for extra crunch and flavor!



This plant-forward restaurant has an extensive salad bar packed with veggies, fruits, and composed salads. Enjoy rotating options like grilled tofu or roasted cauliflower steaks at our carving station. Try our mezza bar or cauliflower crust pizza.



At our **gluten-free** location, build-your-own salad, brown rice, or stir fry bowl with fresh veggies or lean proteins including tofu. This location also features smoothies and açai bowls.



Build-your-own salads, tacos, burritos, or bowls with delicious Mexican eats! Add proteins such as chicken or spicy lentils for an extra lean protein boost with tomatillo brown rice on the side.



Enjoy our hot and cold bar for breakfast, lunch, or dinner featuring salads, wraps, sandwiches, and more. Grocery shop for staples for your dorm. Fresh produce and bulk items are also available.



Find refreshing teas for every palate with our delicious selection of teas from all around the world. A variety of milk alternatives available.



Create your own breakfast bowls, kale or spinach salads, wheat or lettuce wraps, and fill with protein and fresh veggies. Pair with açai bowls and customizable smoothies.

# COMMITMENT TO YOUR HEALTH

# ALLERGEN FRIENDLY

Focused on meeting the needs of students with allergies, our dining program has been recognized for best dining halls, best food allergy program and best food allergy innovation for universities.



All-you-care-to-eat with gluten-free buns, breads, wraps, and pasta options. Create your own scrambles with plant-based egg options and finish your meal with dairy-free sorbet.



Create your own smoothie or açai bowl with fresh fruits, veggies, and options like pea protein, soy milk, and almond milk. Choose a lettuce wrap or salad with dressing on the side.



Featuring Red & Blue product line with freshly made salads and plant-based yogurts. Create a salad or grab roasted vegetables, brown rice bowls, and fresh fruit cups on the go.



Made with our house-made corn tortillas, fill your taco with mushroom, lentils, shrimp, beef, or chicken! Pair with our freshly made salsas.



All-you-care-to-eat with an extensive salad bar filled with fruits, veggies, and lean proteins. Select a brown rice or noodle bowl with a variety of protein and veggie toppings at our wok station.



Choose a freshly pressed juice or dairy-free sorbet. A variety of grab-and-go options are available including salads, reheatable meals, and snacks.



Build-your-own salad, brown rice, or cauliflower rice bowl. Top it off with fruits, veggies, and lean proteins. Select your vinaigrette on the side for extra flavor.



Create a delicious sandwich with gluten-free breads and bagels from our dedicated gluten-free toaster and deli case! Add on choices of lean proteins and veggies or grab a fruit cup to go.



At our gluten-free location, build-your-own bowl with fresh rice, veggies, or tofu. This location provides dairy-free cheese and ingredients not containing peanuts, tree nuts, or shellfish.



This plant-forward restaurant has an extensive hot line, salad bar, and mezza station. This location features made-without-gluten options and does not include peanuts or tree nuts as ingredients.



Choose from our hot and cold bar for breakfast, lunch, and dinner. Grab on-the-go options with fresh fruit, hummus, milk alternatives, and bulk items.

For allergy or special diet concerns, please contact the restaurant manager or Dining Services. Top nine allergens are used in restaurant menus and there is some risk for cross contact.

Please inform Dining Services staff when ordering if you have a food allergy or celiac disease so they can use allergen procedures to reduce risk of reaction.



# COMMITMENT TO YOUR HEALTH

# VEGETARIAN OPTIONS

**Looking for vegetarian or vegan options on campus?** Ever wonder what a nutrition expert would suggest? Here is a list of vegetarian options compiled by our nutrition team.



All-you-care-to-eat salad bar station filled with edamame, tofu, veggies, and fruits. Create an omelet with our plant-based egg options.



Create your own smoothie or açai bowl with fresh fruits, veggies, and options like pea protein, soy milk, and almond milk. Choose a vegetarian wrap or spinach salad with dressing on the side.



Featuring a salad bar with vegetables, edamame, seeds, and vinaigrettes. Try out our yogurt bar with fresh and dried fruits, granola, seeds, and nuts. Shop for groceries including grab-and-go fresh produce and plant-based yogurts.



Made with our house-made corn tortillas, try your taco with mushroom or lentil filling to make a delicious veggie taco. Pair with our freshly made salsas.



All-you-care-to-eat with an extensive salad bar filled with fruits, veggies, and plant protein options. Select brown rice or noodle dishes with tofu and veggies at the wok station. Create an omelet with plant-based eggs at our omelet station or try our freshly roasted vegetables offered on the hot line.



Serving fresh pressed juices, ground nut butters, and quinoa/brown rice sushi. Pick from our selection of plant-based yogurts and milks or grab-and-go with our fresh salads and sandwiches.



Build-your-own salad, brown rice, or cauliflower rice bowl. Top it off with fruits, veggies, beans, and tofu. Choose your vinaigrette on the side for extra flavor.



Build-your-own sandwich with fresh vegetables, whole grain bread, and spreads like hummus. Add grab-and-go fruit or baked chips for a meal.



At our **gluten-free** location, build-your-own bowl with fresh rice noodles, veggies, beans, or tofu. Top it off with our dairy-free cheese. Create your own açai bowl with a variety of fresh fruit.



This plant-forward restaurant has an extensive hot line, salad bar, and mezza station. Enjoy our carving station featuring items such as grilled tofu or roasted cauliflower steaks, or choose from our pizza station offering dairy-free cheese. Made-without-gluten desserts are also available.



Select ingredient options from our bulk section including seeds, beans, nuts, grains, and more. Enjoy our salad bar or choose from our variety of grab-and-go sandwiches, salads, and snacks.



Serving authentic, vegetarian, Indian dishes including Chana Masala, Saag, Naan, and Basmati Rice. Choose from a variety of vegetarian menu options and complete your meal with a refreshing Mango Lassi.

# NUTRITION CALCULATOR



## Learn The Facts

Understand nutrition facts, ingredients, and foods that are available for dietary restrictions.

Access our Arizona Dining Nutrition Calculator online at [nutrition.union.arizona.edu/nutrition-calculator](https://nutrition.union.arizona.edu/nutrition-calculator) or download our app.



## Everyday Menus

View menus served each day at our All-You-Care-to-Eat/Cafeterias and other dining locations. Visit [nutrition.union.arizona.edu/menus](https://nutrition.union.arizona.edu/menus) and choose your meals for the day! Check back often as we add more restaurants and a mobile app for quick and easy access to nutrition information.

## Know Your Icons

You can view icons including vegetarian, vegan, made-without-gluten, and top ten allergens. Look for the Healthier Habits icon to know when your meal is a healthier option. The Well\$pent icon indicates a healthier and affordable option costing \$5 or less.

**C** Allergy: Coconut

**S** Allergy: Soy

**SH** Allergy: Shellfish

**G** Made Without Gluten

**E** Allergy: Egg

**TN** Allergy: Treenut

**M** Allergy: Milk

**VG** Vegan

**F** Allergy: Fish

**W** Allergy: Wheat

**PN** Allergy: Peanut

**V** Vegetarian

**SM** Allergy: Sesame

**W\$** Halal

**W\$** WELL\$PENT

**H<sup>2</sup>** HealthierHabits



# NUTRITION PROGRAMMING

The Arizona Dining team is committed to a philosophy that ensures students, faculty, and staff are given delicious and nutrient-dense food options. From this philosophy, we have participated and/or developed specific programs to meet this objective and provide you the fuel you need.



Eat Like a CHAMP's nutrition program is designed to help identify food choices for a winning performance. Active students can quickly choose foods to aid in their specific training and performance goals. You can also find the CHAMP smoothie at IQ Fresh and CHAMP Bars at Nrich Urban Market.



Arizona Dining's nutrition philosophy is known as Nrich meaning Nutrient Rich. We grew this philosophy into an award-winning location offering healthier and transparent menu options so students know exactly how they're fueling. Featuring nutritional meals at both our Student Unions Memorial Center and Global locations. It's so great, we added an Nrich Urban Market Express at our Global Center.



Learn about nutrition and cooking skills in plantEd's award-winning culinary cultivation series designed to provide cooking skills along with nutrition education. Each month, explore different foods, know how to prepare them, and understand your meal's nutritional benefits.



The Well\$pent icon identifies food options that are healthier choices and less than \$5 to purchase.



Look for the Healthier Habits icon to identify foods that contain less than 700 calories, less than 10% calories from saturated fat, no trans fat, and less than 800 mg of sodium.

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## National Program Participants



The University of Arizona became one of 38 universities to participate in the Partnership for a Healthier America's Healthier Campus Initiative.



Food Forward is a national, plant-based cooking training. Culinary Services and Arizona Dining were one of 15 universities to participate.



The University of Arizona is one of 12 universities to participate in the Food Allergen Research and Education (FARE) College Food Allergy pilot. Through this pilot, we have trained over 100 culinary staff and 200 residence advisors on food allergens.







# TECHNOLOGY ENHANCES LIFE ON CAMPUS

Skip the lines and pick up at one of our Smart Lockers or Grubhub windows. Get on-the-go, warm meals with our Just Baked vending machines. Start your day with a to-go cup of coffee at our Costa Coffee vending machine. Stay powered up at our solar-powered Coca-Cola charging station. Get your dinner delivered by rover. All of these are possible with our on-campus dining technologies. Arizona Dining is committed to enhancing your dining experience by incorporating the latest technology to help you stay fueled and hydrated across campus.





# MEALS PLANS THAT FEED YOUR APPETITE

At Arizona Dining, our mission is to elevate your culinary experience by offering an array of convenient, wholesome, and top-tier dining choices tailored to your discerning palate. With a commitment to excellence, we've crafted a variety of meal plan options that cater to your individual preferences and dietary requirements. Selecting the right plan is key to ensuring your satisfaction while on campus, and enjoying meals that align with your lifestyle. Our Meal Plans are designed to feed your appetite by being:

**Flexible:** Choose the plan to best feed your appetite.

**Predictable:** Payments are worry-free through the Bursar.

**Convenient:** Plans are loaded onto your CatCard. No cash required.

**Diverse:** Choose from over 30 dining options around campus.





# WHAT IS IN A PLAN?

**The University of Arizona offers robust Meal Plan options that are designed with your convenience and flexibility in mind.**

We've meticulously structured our Meal Plans to accommodate the diverse requirements of our students, dividing them into different allocations, or "buckets": Swipes, Dining Dollars, CatCa\$h, and Guest Meals.

First time, first-year students residing on campus are required to choose one of our Swipe Meal Plans. We encourage you to explore your choices and see what plan might align with your preferences and lifestyle. If you do not make a choice, the 12 Swipe plan will be assigned to you. Should you wish to make adjustments, upgrades are available at any point. However, downgrades or cancellations can only be made within the initial two weeks of the Fall semester. After the conclusion of this two-week period, your Meal Plan selection is set for the remainder of the academic year, providing clarity and stability for your dining arrangements.



## SWIPES

Swipes are allocated monthly.

Recommended swipes per week will help you choose the plan that's right.

Swipes have the best value at all-you-care-to-eat locations and can be used at all other dining locations at a value of \$11 per Swipe.



## DINING DOLLARS

Dining Dollars help you make smaller purchases.

Dining Dollars + allows you to order meals from off-campus retailers.

This bucket is reloadable.



## CATCA\$h

CatCa\$h is a taxable account used to make non-food purchases on campus.

Select retailers off-campus also accept CatCa\$h.

This bucket is reloadable.



## GUEST MEALS

Guest Meals are included for family and friends to dine with the Swipe Plan holder on campus.



# FAQ'S

**So how does my meal plan actually work? Find the answers you are looking for here. With a new Meal Plan, you're bound to have questions. Here are some typical scenarios you might encounter when trying to decide which bucket to use for payment.**

## **What if my meal is \$13? How do I pay?**

If your meal purchase exceeds \$11, you can combine the use of Swipes and Dining Dollars to pay for that meal. In this scenario, we recommend you use 1 Swipe (which is equivalent to \$11) and then use your Dining Dollars to pay for the remaining \$2 balance.

## **What if I only want coffee and a croissant for \$5? What should I do?**

Since your coffee and croissant purchase is less than \$11, we recommend using your Dining Dollars to pay instead of using a Swipe. This ensures you are not losing almost 50% of the value of a Swipe by paying for something that is less than \$11.

## **Do my Swipes and Dining Dollars expire?**

Yes. Your Swipes expire at the end of each month. The only exception is the last month of classes for both semesters. For Fall 2024, Swipes expire **12/19/2024** and for Spring 2024, Swipes expire **5/15/2025** when finals end. Your Dining Dollars expire at the end of the academic year.

## **How many Swipes can I use each day?**

You can use up to 5 Swipes per day. You can also use up to 5 Swipes in one single transaction (i.e., to pay for some groceries at Highland Grocery at the end of the month).

## **Where can I use my Swipes and Dining Dollars?**

Swipes can be used to enter the all-you-care-eat locations including '85 North, Cactus Grill, Radicchio, and Highland Grocery's hot and cold bar. Swipes can also be used at all other on-campus eateries for a value of \$11 per Swipe. Dining Dollars can be used at all on-campus eateries or vending machines.

## **How do Guest Meals work?**

All Swipe Meal Plans include a set number of Swipes to be used as Guest Meals so that you can dine with your family and friends when they visit you on campus.

## **What is the most common use for CatCa\$h?**

CatCa\$h can be used for non-food purchases on campus like short-term parking and printing. If you run out of Dining Dollars and Swipes, CatCa\$h can also be used to purchase food on campus. As an added convenience, CatCa\$h is accepted as a form of payment at select off-campus retailers.

## **Is there a plan that only includes Dining Dollars?**

Debit Meal Plans only include Dining Dollars, so the total annual cost is equal to the amount of Dining Dollars loaded onto your Meal Plan for the academic year. These plans also come with a percentage discount on every purchase that is automatically applied when you pay.

For an overview of all Meal Plans, please visit [mealplans.arizona.edu/swipes](https://mealplans.arizona.edu/swipes).

# CHOOSING THE RIGHT MEAL PLAN

As a new university student, selecting the appropriate meal plan tailored to your lifestyle is crucial for a satisfying and balanced dining experience throughout your academic journey. Whether you have a hearty appetite, prefer lighter meals, enjoy snacking between classes, or seek flexibility in your dining choices, the right meal plan can significantly impact your overall well-being and academic performance. Opting for a plan that aligns with your eating habits ensures that you have access to the appropriate amount and variety of meals to keep you energized and focused throughout the day. No matter the plan you choose, your CatCard serves as your gateway to your Meal plan.







## **3 MEALS A DAY? 18 SWIPE PLAN**

Excellent for an active lifestyle

All-you-care-to-eat best deal

## **NOT A BREAKFAST PERSON? 14 SWIPE PLAN**

Light morning snack

Full lunch and dinner



## **PREFER MORE FLEXIBILITY? 12 SWIPE PLAN**

Average of 2 meals per weekday

Larger allotment of Dining Dollars



## **FEWER MEALS ON CAMPUS? 9 SWIPE PLAN**

Swipes to eat full meals

Flexibility to eat smaller meals



# SWIPE MEAL PLANS

First-time-first-year students living on-campus must select one of these plans

## 18 SWIPES

**\$6,786**

Annual  
Cost

**72**

Avg Swipes  
Per Month

**\$300**

Dining  
Dollars

**\$150**

CatCa\$h

**15**

Guest  
Meals

## 14 SWIPES

**\$5,728**

Annual  
Cost

**56**

Avg Swipes  
Per Month

**\$650**

Dining  
Dollars

**\$150**

CatCa\$h

**15**

Guest  
Meals

## 12 SWIPES

**\$5,274**

Annual  
Cost

**48**

Avg Swipes  
Per Month

**\$900**

Dining  
Dollars

**\$150**

CatCa\$h

**10**

Guest  
Meals

## 9 SWIPES

**\$4,018**

Annual  
Cost

**36**

Avg Swipes  
Per Month

**\$700**

Dining  
Dollars

**\$150**

CatCa\$h

**10**

Guest  
Meals

## 5 SWIPES | HONORS VILLAGE APARTMENT ONLY

**\$2,160**

Annual  
Cost

**20**

Avg Swipes  
Per Month

**\$250**

Dining  
Dollars

**\$150**

CatCa\$h

**5**

Guest  
Meals



# DEBIT MEAL PLANS

Perfect for off-campus students and upperclassmen

## GOLD

**\$4,950**

Cost

**7% OFF**

Discount

## SILVER

**\$3,550**

Cost

**5% OFF**

Discount

## COPPER

**\$2,150**

Cost

**3% OFF**

Discount



# GLOBAL DISTRICT



## DORMS

1. La Aldea
2. Coronado
3. Árbol De La Vida
4. Kaibab-Huachuca
5. Arizona-Sonora

## GLOBAL DISTRICT DINING OPTIONS

Newly remodeled and full of variety, **The Global Center** offers options including international restaurants, a market, healthier fare, and national brands. Located between Park Ave. and Tyndall Ave. just across from the Tyndall Garage. Enjoy the new patio and outdoor seating; everything you need in one convenient location.

- Core+
- Global Market
- Más Tacos
- Nrich Urban Market Express
- Sichuan Kitchen
- Starbucks
- The Den

### More Dining Nearby:

- Highland Grocery (see Highland District map)
- Red & Blue Market (see Highland District map)
- Slot Canyon Café @ ENR2 (see Highland District map)
- SUMC (see Historic District map)



# HIGHLAND DISTRICT



## DORMS

1. Pueblo De La Cienega
2. Posada San Pedro
3. Villa Del Puente
4. Graham-Greenlee
5. Hopi
6. Colonia De La Paz
7. Apache-Santa Cruz
8. Likins
9. Navajo-Pinal

## HIGHLAND DISTRICT DINING OPTIONS

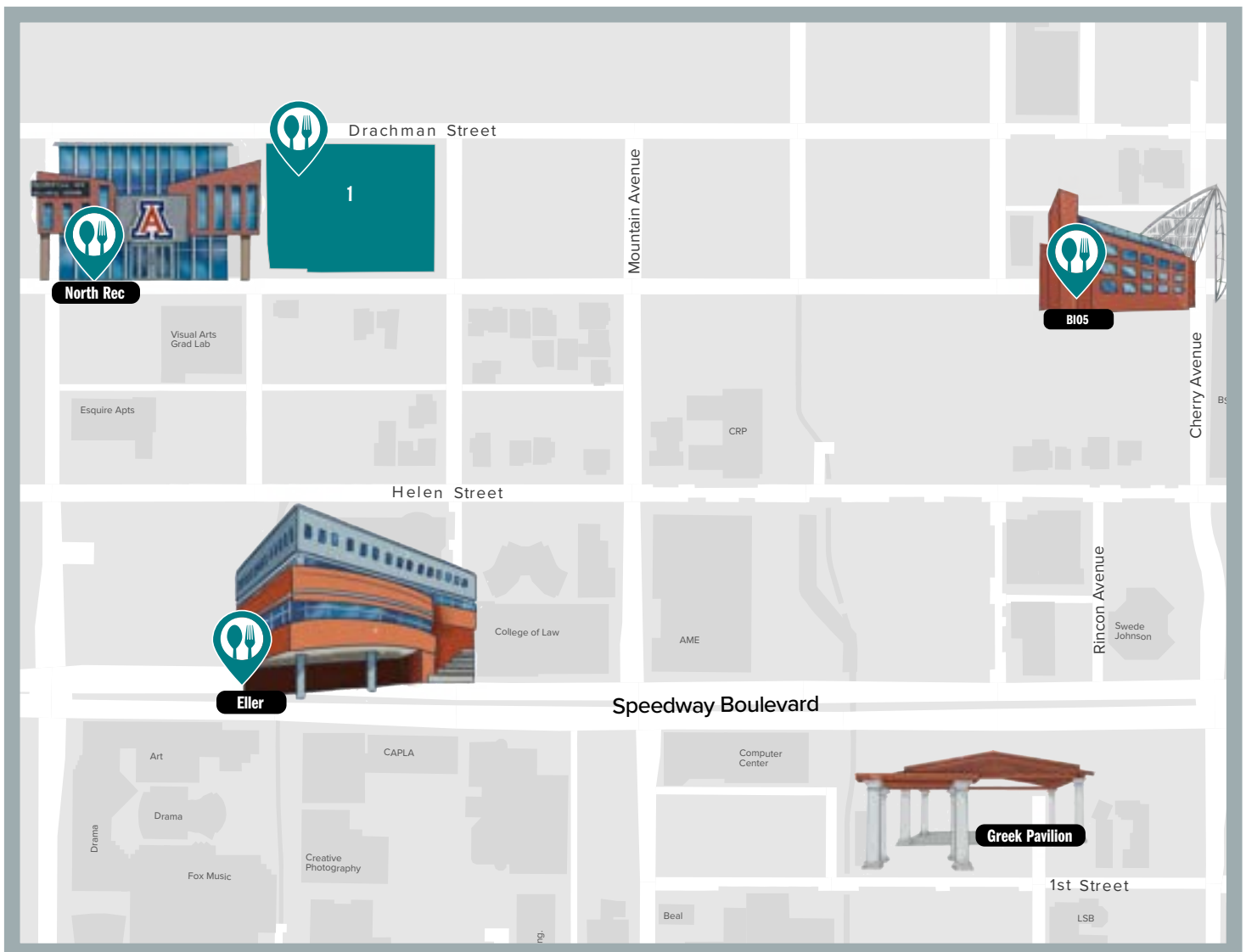
The Highland District offers a brand new grocery store with a hot and cold bar nestled among the dorms and open late for convenience. Within this district, there are café, smoothie, and bowl options to keep you fueled.

- Highland Grocery
- Red & Blue Market
- Shake Smart @ South Rec
- Slot Canyon Café @ ENR2
- Starbucks @ Main Library

### More Dining Nearby:

- SUMC (see Historic District map)
- Global Center (see Global District map)

# NORTH DISTRICT



## DORMS

1. Honors Village

## NORTH DISTRICT DINING OPTIONS

The North District features our '85 North all-you-care-to-eat restaurant along with grab-and-go markets, and popular coffee shops. You'll never go hungry while working, studying, or hanging out on the north side of campus.

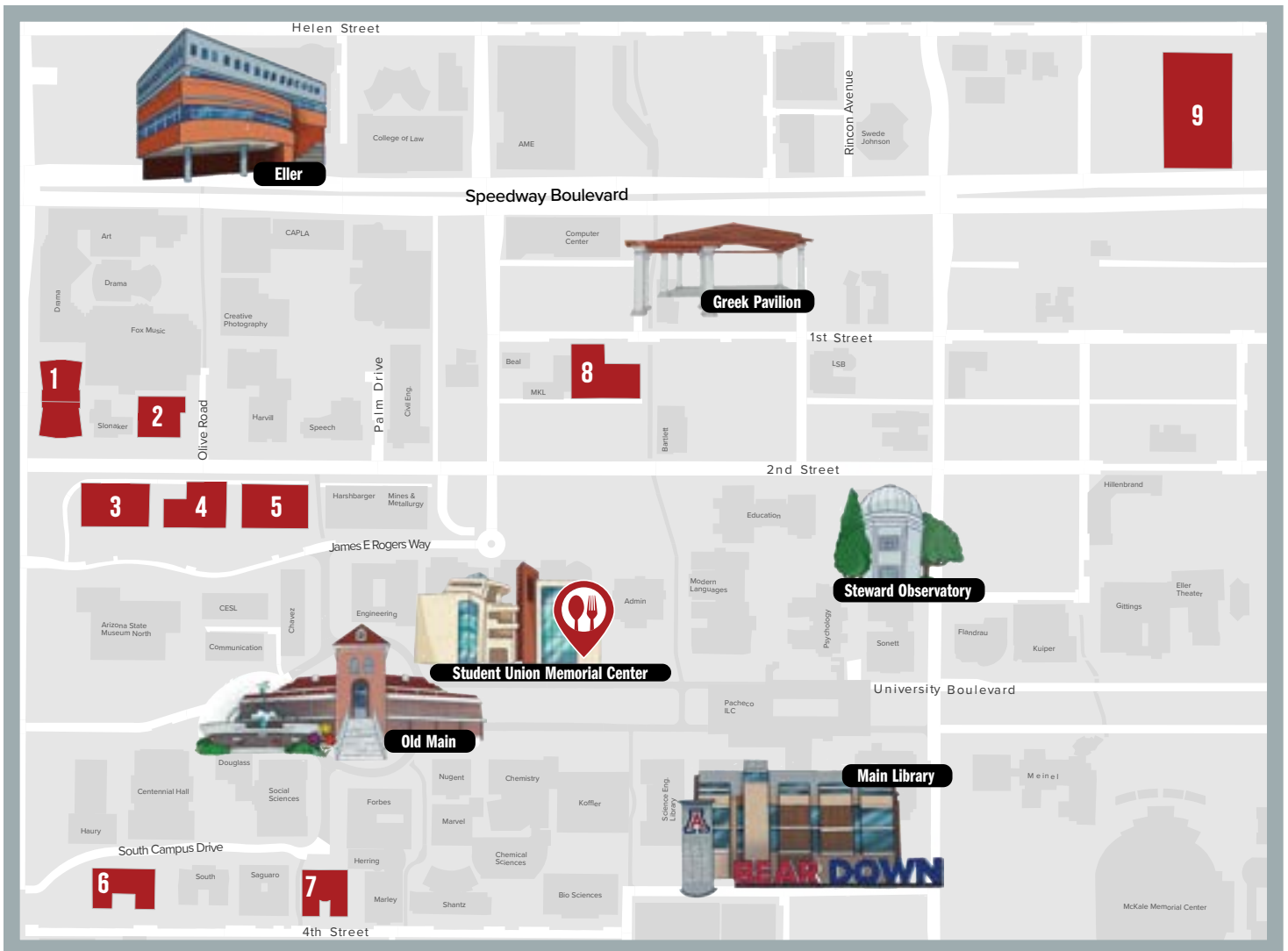
- '85 North @ Honors Village
- Catalyst Café @ BIO5
- Ike's Coffee & Marketplace @ Eller
- Shake Smart @ North Rec

### More Dining Nearby:

- SUMC (see Historic District map)



# HISTORIC DISTRICT



## DORMS

1. Manzanita-Mohave
2. Coconino
3. Gila
4. Maricopa
5. Yuma
6. Cochise
7. Yavapai
8. Pima
9. Babcock

## HISTORIC DISTRICT DINING OPTIONS

The **Student Union Memorial Center (SUMC)** offers a variety of options from all-you-care-to-eat restaurants, cafes, markets, healthier fare, and national brands. Located off of Mountain Ave. and 2nd Street next to the BookStores main location.

- |                         |                      |                    |
|-------------------------|----------------------|--------------------|
| • Arizona Market        | • IQ Fresh           | • Sabor            |
| • Cactus Grill          | • Nrich Urban Market | • Saffron Bites    |
| • Chick-Fil-A           | • On Deck Deli       | • Scented leaf     |
| • Core                  | • Panda Express      | • Starbucks        |
| • Cork & Craft          | • Papa Johns         | • Sushi with Gusto |
| • Einstein Bros. Bagels | • Radicchio          |                    |

### More Dining Nearby:

- Ike's Coffee & Marketplace @ Eller (see North District map)
- Red & Blue Market (see Highland District map)
- Starbucks @ Main Library (see Highland District map)



# WORK WITH PERKS! ARIZONA DINING IS HIRING!

Being the largest student employer on campus, we'd love to have you on our team! With a wide variety of opportunities, Arizona Dining is here to provide experience to give you a head start to your career.

### Enjoy benefits such as:

50/50 Meal Plan Discount	Meet New Friends
Starting Pay @ \$14.50	Work Study Accepted
Flexible Hours	

Visit [union.arizona.edu/employment](https://union.arizona.edu/employment)  
to find jobs now!

### MEAL PLANS OFFICE

Website: [mealplans.arizona.edu](https://mealplans.arizona.edu)  
Email: [su-mealplan@email.arizona.edu](mailto:su-mealplan@email.arizona.edu)  
Phone: 520-621-7043 | 800-374-7379

### ARIZONA DINING

Website: [union.arizona.edu/dining](https://union.arizona.edu/dining)  
Email: [su-arizonadining@arizona.edu](mailto:su-arizonadining@arizona.edu)  
Phone: 520-621-7038



Follow us @uazunions to learn more about dining locations on campus, giveaways, events, and more!



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