



Your guide to  
campus dining

Methodist University Dining Services

FALL 2024 PREVIEW



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# WELCOME

Methodist University is in the process of transitioning to a new dining provider. This document will provide a general overview of the dining program and what students can expect to see in the fall. A full web site and additional information will be made available throughout the summer months.

Your dining experience is more than great food. It is a community experience centered on culinary expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility.

Our dining program is designed to spark community, collaboration, and real, honest-to-goodness connections.

# Meet the Manager



**Richard McMullen**

General Manager  
of Dining Services

[Richard.McMullen@sodexo.com](mailto:Richard.McMullen@sodexo.com)

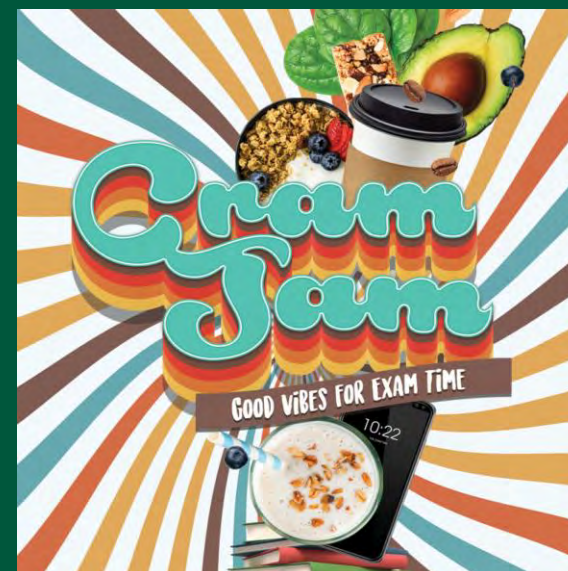
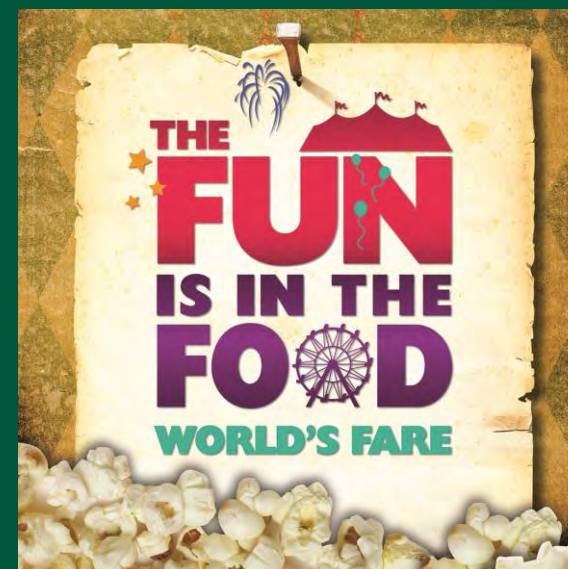
678.986.2725





# LET'S HAVE SOME FUN.

At Methodist University Dining Services, food is the foundation for fun. Join us for weekly and monthly special events and promotions, like build-your-own dessert bars, restaurant style dining nights, and classic holiday feasts. We believe that relationships are strengthened around the table.





RESIDENT &  
COMMUNITY  
DINING

Green  
& Gold

DINING HALL



Berns Student Center





# FEATURED STATIONS

SAVORY  
CUSTOM KITCHEN

STACKED  
DELI CASE

MIX  
A SALAD EXPERIENCE

SPROUTS  
VEGAN + VEGETARIAN

SPHOONFULL  
HEARTY BOWLS

SIZZLE  
GRILL + GRIDDLE

SIMPLE SERVINGS  
ALLERGY-FRIENDLY FARE


SLICES  
PIZZA + SUCH

BLISS  
THE SWEET SPOT



# Food Allergy Accommodations for PEACE-OF-MIND DINING

Food allergies continue to grow in prevalence among today's students, with an estimated 5.6 million youth under 18 having a food allergy. When these students arrive on campus, they need allergen-friendly dining options they can count on to keep them safe and bring value to their meal plan. MU Dining Services offers three tailored solutions, often used in combination, to serve safe and delicious dining options for peace of mind, every day.



All food allergen solutions are supported by comprehensive employee safety training and third-party quality assurance checks through Sodexo's Gold-level partnership with FARE (Food Allergy Research and Education), an industry leader in standardizing food allergy practices to support student well-being.

## SIMPLE SERVINGS

### ALLERGY-FRIENDLY FARE

This premium and robust food station available in the Green & Gold Dining Hall serves fresh, flavorful hot meals prepared without the most common allergens, which account for 90% of all food allergy reactions. All dishes are prepared without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten using dedicated kitchen spaces, equipment, and small wares to eliminate cross-contact. Meals are served by dedicated employees at a designated allergen-free station.



# Meet the Dietitian



## How can our campus RD assist you?

- Gain a better understanding of nutrition and learn practical ways to eat healthy on campus
- Learn how to navigate dining options with a food allergy
- Learn how to prevent, reduce, and manage chronic disease states such as diabetes, obesity, and high blood pressure



**Joni Trotter MS, RD, LDN**

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336.549.7687

*Scan the QR code to set up a confidential consultation*





# RETAIL DINING LOCATIONS

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## CHICK-FIL-A

The MU Community loves Chick-fil-A, and it is one of the most popular dining locations on campus. From the beloved classic chicken sandwiches to nuggets, mac and cheese, salads and milkshakes, this is the place to be.

## MONARCH CAFÉ & BITES

Monarch Café & Bites is the go-to destination for a quick pick-me-up, or a full meal experience. Whether you want a Starbucks We Proudly Serve coffee, a Simply to Go salad or wrap, or a fresh-baked pastry, you will find exactly what you are craving.



## THE FOOD HIVE CONVENIENCE STORE

The Food Hive serves as a community gathering spot offering the MU Community's favorite snacks, beverages and convenience items. Look for seasonal special offers, and innovative snacks from trending up-and-coming companies that are breaking the mold.

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**mindful**  
by sodexo

snacking



simply to go

## MINDFUL

Every Mindful Limited Time Offer has one goal: to balance indulgent flavors and good-for-you ingredients to prove that it IS possible to eat deeply satisfying foods while focusing on personal wellness.

## SNACKS AND BEVERAGES

You won't hit a snacking rut on our watch! Whether you are looking for something protein packed to get through your last class or stay hydrated with new and exciting beverages, we add new snacks and drinks throughout the academic year.

## SIMPLY TO GO

Whether you are looking for a convenient meal on the go or a quick pick-me-up snack to help you power through that afternoon slump, Simply To Go offers delicious limited-time offers that are centered around seasonal ingredients and flavors.



View daily menus,  
allergens, nutrition  
information, and so  
much more!

# Download it Now!



## COMING SOON!

You won't find Methodist University on the Everyday app . . . yet. It will be there soon, so get ready by downloading the app. This will be your one-stop shop for everything dining at Methodist University!



**everyday**

### Everyday is Extraordinary



Full  
Menus



Healthy  
Highlights



Quick  
Info



[everyday.sodexo.com](http://everyday.sodexo.com)







# WITH OUR MEAL PLANS

## RESIDENT PLANS

MEAL PLAN	MEALS PER WEEK/SEMESTER	MONARCH DOLLARS	MEAL EXCHANGES
All-Access Plan	Unlimited	\$300	5/week
Green & Gold-12 Plan	12/week	\$450	3/week
75-Block Plan*	75/semester	\$375	1/week

All campus residents, with the exception of students living in apartment-style housing, are assigned the All-Access Plan.

\*The 75-Block Meal Plan is only available to residential students living in the apartment-style housing.

## COMMUTER PLANS

MEAL PLAN	MEALS PER WEEK/SEMESTER	MONARCH DOLLARS	MEAL EXCHANGES
60-Block Plan	60/semester	\$150	1/week
35-Block Plan	35/semester	\$200	1/week
Monarch Dollars	0	\$100/semester	0

## FACULTY & STAFF PLAN

MEAL PLAN	MEALS PER WEEK/SEMESTER	FLEX DOLLARS	MEAL EXCHANGES
20-Block Plan	20/semester	\$0	0

Commuters, faculty, and staff may also purchase any one of the resident dining plans.



# CONNECT WITH DINING.

**CHECK BACK SOON!**  
Methodist University Dining Service's web  
and social media sites will be ready soon.  
Check back in periodically for the latest  
updates!

 @Coming Soon

 @Coming Soon

[methodist.sodexomyway.com](http://methodist.sodexomyway.com)



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UNIVERSITY**

DINING SERVICES