

University of Central Missouri

F A L L 2 0 2 1

HEALTH AND WELLNESS

We are committed to offering you a wide range of options for a healthy dining experience. From recipes that include a nutritious mix of ingredients to offering educational resources for positive lifestyle habits, we are dedicated to advancing the well-being of the entire campus community.

- **Simple Servings** is an award-winning, open-to-all, dining platform that offers fresh, flavorful meals prepared without the most common allergens, which account for 90% of all food allergy reactions. Dishes at **Simple Servings** are prepared without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten. Located at Ellis and Todd Dining Centers.
- Through our Mindful program, we aim to make the healthy choice the easy choice. Look for Mindful items throughout our dining locations and visit mindful.sodexo.com for information on the program and for a variety of resources to help you maintain a healthy lifestyle.
- For students who have special dietary and nutritional needs, we have informational resources and customized menus to address your needs. Please contact the main office at DiningServices@ucmo.edu or 660-543-4012.

GIFTS AND MORE

Want to send someone on campus a treat or a gift card? Whether for a birthday, finals or holidays, we have a treat package for you! Visit:

<https://shop-ucmo.sodexomyway.com/> to view and order our gift packages and gift cards.

Sustainability

Here is a brief list of our sustainable practices in campus dining.

- Food Recovery Program
- Reusable Carry Out Containers
- Weigh the Waste Awareness
- Local Purchasing when possible
- Cage-Free Eggs



WHERE TO EAT

No matter what you're craving, we have something to satisfy your hunger!

- **ELLIS DINING CENTER**
- **NEW TODD DINING CENTER**
- The Crossing - **STARBUCKS** and **SPIN! PIZZA**
- JCKL & The Rec Center - **EINSTEIN BROS BAGELS**
- Elliott Student Union - **CHICK-FIL-A, TACO BELL, CRU5H, STARBUCKS, THE GRID, SIMPLY TO GO AND AFC SUSHI & HOT BOWLS**
- Mules National Golf Club - **TRADITIONS AT PERTLE SPRINGS**



EMPLOYMENT

You live here. Why not work here? If you're interested in a job with campus dining, visit **Sodexo.jobs**

- Flexible hours
- Meals provided
- Opportunities for advancement

SPECIAL EVENT INFO

We like to keep things fun and exciting in dining, all year long! Below are some of the events we will be holding over the coming months!

- **FAMILY WEEKEND TAILGATE**
September 25, 2021
North side of the Union
Meal swipes accepted
- **HOLIDAY DINNER**
Date - TBD
Ellis and Todd Dining Centers
4:30pm - 7pm
- **MOONLIGHT BREAKFAST**
December 7, 2021
Ellis Dining Center
8:30pm - 10pm

GET CONNECTED!



Sodexo Dining Services

MEAL PLANS

We have a variety of meal plans available for both resident and commuter students; designed to make dining on campus easy!

- **First Year/Sophomore on campus students:** Select from meal plans 1-3
- **Questions?** We're here to help! Contact Diane Wirthwein at (660)543-4012 or visit the Sodexo Dining Services office located in Ellis, L14
- **Save time** - Purchase your meal plan or add Dining Dollars through your MyCentral account
- **Dining Dollars** roll over from semester to semester as long as the student is continuously enrolled in the university
- **Dining Dollars may be used at all on campus dining locations**
- **Plan 1 - 3 meal swipes may only be used by the cardholder**



FIRST YEAR/SOPHOMORE MEAL PLANS

MEAL PLAN	NUMBER OF MEALS/ SEMESTER	DINING DOLLARS	GUEST PASS	PRICE
PLAN 1	*UNLIMITED	\$150	3	\$1727
PLAN 2	*UNLIMITED	\$300	6	\$1827
PLAN 3	*UNLIMITED	\$500	8	\$2027

To view all the meal plans we offer please go to our website.

*Unlimited allows the student limitless access during hours of operations.



Todd Dining Center