

GUIDE TO CAMPUS DINING

2026-2027

University of
Mary Washington
Dining

DINING BASICS

Dining Concierge & Dining Concerns

- Rose Benedict is our Marketing Manager and Dining Concierge. She will help you with any questions, concerns, or suggestions about any aspect of our campus dining operations.
- How to Contact: She is at the Concierge desk, located near the entrance to Panera, on the 2nd floor of the Cedric Rucker University Center (CRUC), weekdays between 11:30am and 1:30pm. You may also e-mail her at rbenedic@umw.edu or call 540-654-2169. If you have a concern or question when dining in any of our restaurants, please speak with a manager or supervisor immediately so we can try to fix the problem on the spot and give you an excellent dining experience.

Food Allergies & Dietary Restrictions

If you have food allergies or dietary restrictions, please contact Rose. She'll assist you in finding the food options that meet your requirements and connect you with our Executive Chef and/or Registered Dietician if further assistance is needed.

For Health & Safety in All Campus Dining Locations

- Shoes and shirts must be worn at all times by guests and dining staff
- Service Animals, as defined by the Office of Disability Resources, are permitted in all campus dining locations.
- Therapy & Emotional Support animals, as defined by the Office of Disability Resources, are not permitted in any campus dining locations.
- Guests may not fill personal beverage containers at dining beverage dispensers. Water bottle filling stations are widely available throughout the campus for this purpose.

Restaurants at the Top of the Cedric Rucker University Center (CRUC)

A “One & All” Dining Experience!

Come and enjoy delicious, freshly prepared meals at the Top of the CRUC, where everyone is welcome and there is a place for all! You'll find 14 points of food service, each with a different type of cuisine, in an “all-you-care-to-eat” warm and inviting dining environment.

Once you enter the dining room, you may select food from one or all points of service, and you are welcome to go back for additional servings.

Nuts are excluded at the Top of the CRUC.

Many students have serious or life-threatening nut allergies, so the dishes served at the Top of the CRUC are made without peanuts or tree nuts*. Please support this health and safety effort by not bringing food items that contain peanuts or tree nuts into the dining room.

*The FDA has removed coconut from the list of tree nut allergens, and we do use coconut in many of our dishes.

Entrance to the Top of the CRUC

Please use the entrances. Always enter through the cashier-attended entrances, not through the exit doors, please.

Payment: Each time you enter the dining room your EagleOne card will be swiped, and one meal will be deducted from your account. Meal plan “meals” are thus often referred to as “swipes”. If you are on the Eagle Meal Plan, you have unlimited swipes at the Top of the CRUC, so when your card is swiped, it just records your entrance to the dining room. There is no actual meal deduction from your plan. Students and other guests who do not have meal plans are always welcome to dine with us by paying with EagleOne or credit.

Presenting your EagleOne Card

You must present your actual EagleOne card to the cashiers if you wish to use a meal swipe, pay with your Flex dollars, or pay with money from your EagleOne bank account. Pictures of your card or copies of your card number will not be accepted. If you lost your card, go to the EagleOne Card Office to request a replacement.

14 Points of Service and Diverse Food Options

- **Savory Case & Savory Carving:** Full hot breakfasts that switch to specialty bars (like baked potato or chili bars), pastas and other home-style favorites are served for lunch at this popular station. Carved proteins, like turkey, rotisserie chicken, fish, meatloaf, or roast beef, are added for dinner.
- **Slice:** Pizzas and Italian dishes are served at lunch.
- **Sizzle:** Omelets cooked to order are served at breakfast and brunch. Smash burgers, fries, and other grilled items are featured for lunch and dinner.
- **Quick Fix:** This self-service station offers all-day breads & bagels, Belgian waffles, hard cooked eggs, yogurt parfaits, and fruits.
- **Rise:** Help yourself to a variety of cold Cereals, soy and regular milks – all day!
- **Globowl:** Special bonus features are offered here twice each month.
- **Mix:** This salad bar offers up lots of veggies, grains, hummus and composed salads for lunch and dinner.
- **Grown:** Vegan hot entrees are served here at lunch and dinner daily.
- **Bliss:** Freshly baked cookies, cupcakes, dessert bars and other delicious confections are offered every day for lunch, brunch and dinner.
- **Stacked:** You can get your favorite sandwich or wrap made-to-order here weekdays for lunch.
- **Simple Servings:** Complete meals made without gluten, wheat, eggs, milk, shellfish and other major food allergens are served here daily from lunch to closing.
- **Simply Taco:** Enjoy taco bowls that are made with a variety of meats and veggies, but without wheat, gluten, shellfish, eggs, milk or other major food allergens!
- **Gelato:** Gelato and sorbets are served here on special occasions.

Guest Meals

Students on the Eagle Meal Plan and most block meal plans may elect to use five of their meals during the semester for guests at the Top of the CRUC. After the cashier swipes your card for your meal, ask the cashier to use a Guest Meal for your friend. You may also pay for guests by using your Flex dollars, EagleOne dollars, or with a credit card. Guest Meals are also accepted in the retail dining shops. In those locations the guest meal has a dollar value of \$5.15. See more details on that in the Retail Dining Shoppes section.

Note: The 3 meals/week plan, 5 meals/week plan, and 5 Block plan do not include guest meals.

Your Meal Plan Swipes are for your use only. Please do not give your card to others to use or ask the cashier to swipe in friends using your regular meal swipes. Doing so is considered an honor code violation.

FOOD “TO GO” AND MORE

What can you carry out as part of your regular meal?

You may carry out one piece of fresh fruit, one ice cream cone, and two cookies in your hands or in a napkin when leaving the dining room. Taking out other food requires an Ozzi box.

Refilling Personal Water Bottles.

There are water bottle filling stations near the restrooms inside the dining room and by the restrooms in the CRUC 4th floor hallway. For health and safety reasons, those are the **ONLY** locations where you may fill your water bottles. Please do NOT fill your water bottles or other personal beverage containers at the soda, juice, coffee, milk, infused water, iced tea, or Tractor beverage stations. Doing so violates our health and safety codes.

Take-Out Meals & OZZI Boxes

Ozzi is a sustainable, reusable take-out container system that enables guests to get meals “to go” from the Top of the CRUC. Plates, glassware and utensils may not be taken outside the dining room. If you wish to take food out to the terrace, to other areas of the CRUC, or outside the building, you must use an Ozzi box.

Take-Out Guidelines

Participating in the Ozzi reusable take-out container system

- First, you'll need to join the program for a one-time fee of \$10 for the boxes.
- You may use Flex, EagleOne, or credit to pay for the purchase.
- If you are not going to get a take-out meal at the same time, just get an Ozzi token. You'll be able to exchange that token for a take-out container when you want to get your “to go” meal.

Getting a Take-Out Meal

- Give the Ozzi token to the cashier and you'll receive a clean and sanitized Ozzi take-out box.
- Take the Ozzi container to the various food stations and get your desired selections.
- For food safety reasons, once any food has been put into the container, our food servers will not be able to take the box back from you to add more food. Instead, they will give you food on a plate, and then you can place those food items into your Ozzi box.
- When you have filled your Ozzi box with your desired selections, please exit the dining room. Please do not sit in the dining room with an Ozzi box.

Dining inside the Dining Room and getting a Take-Out Meal to Eat Later

- Take care of the dine-in meal first
 - Pay for the dine-In meal.
 - Do NOT get an OZZI box or bring an OZZI box with you into the dining room.
 - Sit in the dining room and enjoy your meal

- Return to the cashier
 - Pay for your take-out meal, give the cashier a token for the box, get your food, and exit
 - Note: Guests are not permitted to be seated in the dining area with the OZZI boxes

Using more than one Ozzi box per visit

- Guests are welcome to buy and use more than one of the OZZI boxes at a time.
- If using more than one Ozzi box on a visit, you will need to pay for a meal for each box you bring into the dining room. If you bring two OZZI boxes into the dining room, you'll have to pay for two meals.

Returning soiled Ozzi Boxes

- Once used, the OZZI boxes should be lightly rinsed (no need to wash them) and brought to the OZZI return machine at the Top of the CRUC.
- Insert the box into the machine to receive a token which you can use the next time you do take-out.

Getting Meals When You're Sick

If you are too ill to get to the Top of the CRUC to get food, you can order a "Feel Better Meal" that a friend can pick up for you. Use this ["Feel Better"](#) meals link for details.

Moving Tables & Chairs

Please do not move tables in the dining room as that will cause them to go out of balance. If you move chairs, please return them to their original spot before leaving. Thanks!

Fire Alarms

If fire alarms go off, guests on the 4th floor will need to proceed to one of the exit doors inside the dining area. The elevators and main staircase will be closed off. Please take your personal belongings with you and follow directions from our staff to one of the emergency exits located on the exterior walls, near the Stacks eating area, and near the Slice eating area. The dining room will remain closed until the fire department allows us to return, and our team has prepared the seating areas and food for service.

If you are unable to walk down the stairs, please go to the Area of Refuge Atrium Level 4 located by the elevators and let one of our team members know that you will be waiting there for assistance. In the event of a real emergency, a member of the fire and rescue squad will come and get you. If it is a test or false alarm, you will just need to wait there until the "all clear" has been given and all alarms have been silenced.

MENUS

The Everyday App

The Everyday App is free and provides information on ingredients, calories, nutrition, and allergens for nearly all dishes being served at the Top of the CRUC. Foods are also identified as to whether they are vegan (VG) or vegetarian (V)). To get the app simply search “Everyday by Sodexo”, and when it opens, search for Mary Washington.

*Note: We do not offer the option of ordering food through this app. Please check out Campus Grubhub on our website for details on how to pre-order food from our retail locations and have it ready for a fast pick-up.

In addition to using the Everyday app, here are some other ways to get menu information.

Menu Boards. Electronic menu boards are at each of the hosted points of service. They display the name of the dish, the allergens, and whether they are vegan (VG) or vegetarian (V).

Menus on the Website. You can also see complete menu information on our [website](http://UMW.SodexoMyWay.com) (UMW.SodexoMyWay.com). Select “Locations” > “The Restaurants at the Top of the CRUC”> and the menu tab.

“Available Upon Request”. Many special food items are available upon request for those who have dietary restrictions. Gluten-Free buns are available at Sizzle. Gluten-Free bagels, desserts made without gluten, and vegan desserts, are available on request at Bliss. Simple baked Halal chicken and pasta made without gluten or eggs are available at Simple Servings every day for lunch and dinner. **Can’t Find Something?** Please talk to one of our managers or supervisors. Even if not listed on our “Available Upon Request” list, we still might have what you’re looking for, and we’re happy to assist you!

Portion Sizes.

Our team members will serve you the recommended portion sizes as listed in the menu, and you will find those portion sizes with calories and nutritional information in the Everyday app. This gives you the information you need to follow any type of dietary regimen. Following these portion sizes also helps us cut down on food waste.

SPECIAL DINING EVENTS*

We host numerous special dining events each month to provide you with lots of variety and some fun or unique dining experiences. When hosting a large, major event, like the Global Café, the Top of the CRUC will be closed for two hours prior to the start of dinner so the staff can properly prepare for the event. Join UMWFoodies, or follow us on Facebook and Instagram@UMWDining, to get information about these special events or temporary changes in operational hours.

“Eat Local” events bring local restaurant chefs and owners to the Top of the CRUC. You’ll enjoy some of their signature dishes and learn first-hand about some of Fredericksburg’s fantastic local eateries. “Eat Local” events usually offer enough food for about 300-500 servings, but they do sometimes run out. Be sure to watch our social media and other advertisements for the dates and times so you won’t miss these special treats!

Cultural Celebration Dining Events. These meals support the various UMW cultural celebrations held throughout the year, and they are planned in partnership with the James Farmer Multicultural Center and the various student cultural groups. We begin with a Latino Melting Pot Dinner in September, and then later co-host dining events for Gender, Sexual Minorities and Allies (Rainbow Event); Asian, Native American, Jewish, Black History, and Islamic cultures, and Women’s History Month.

Themed & Holiday Dining Events

The Global Café, co-sponsored in partnership with the Center for International Education, is held once a year. It features foods from around the world and opportunities to learn about UMW’s study abroad programs.

Holidays, like Halloween, Oktoberfest, Thanksgiving, Winter Holidays, Lunar New Year, Valentine’s Day, St. Patrick’s Day, Mardi Gras, Ramadan, Passover and Easter are commemorated with special dining events or features.

Themed Events

Watch for all types of themed dining events, with specialty foods, décor, games, and music, throughout the year. You might find a Carnival, Blast from the Past, American Road Trip, Trivia Game Night, or other new dining adventure!

***Special Event Menus.** When we host special dining events, especially the cultural celebration meals, we often use special recipes, and some of them may not be included in our company database. In those instances, you will not be able to see the dish descriptions on the Everyday app or on our web site. However, you will see the names of the dishes, allergens, and vegan or vegetarian designations on the digital menu boards.

STAY “IN THE KNOW”

UMWFOODIES

If you join our UMWFoodies text messaging group, you'll be the first to be notified about free food samplings, promotional discounts, special dining events, or changes in operational hours at any of our campus dining locations due to emergency situations (such as water leaks, snowstorms, power outages and so forth). We do not send you junk texts, and we don't share your contact information with anyone. **To join**, text the keyword UMWFoodies to 82257.

Questions, Comments or Suggestions?

Share concerns about your food or service in person! Please see a manager, supervisor, or chef right away if you have concerns about the quality of your food, or if you have received poor customer service. That will enable us to address your concerns immediately and hopefully help you have an enjoyable and satisfying dining experience. Let us see the food you have questions about or get details about your customer service experience so we can take all the appropriate corrective actions.

Share your concerns through other methods. If you have general comments or suggestions, or if you are not comfortable talking with us in person, you may share your views with us in several other ways.

- At the Top of the CRUC, scan the QR code on the comment board by the entrance
- Send us a Text Message! Send Keyword UMWDining and a space, followed by your question or comment to 82257. You'll receive a response within 48 hours. Questions and answers that may be of interest to all guests will be displayed on the monitor located on the dining room exterior wall near MIX.
- Use our website [Feedback](#) page.
- [E-mail us!](#)
- Call us at 540-654-2169

RETAIL DINING

Six Shoppes Offer Diverse Menus and Hours

The Hurley Convergence Center

For Five Coffee Roasters In this café, guests will enjoy hand-crafted beverages and specialty food offerings in a warm and inviting atmosphere that encourages relaxation, connection and community.

Woodard Hall

Mein Bowl

Mein Bowl offers authentic Asian flavors and vibrant made-for-me menu combinations. Stop in and try familiar favorites or exciting new dishes!

Hissho Sushi

Hissho Sushi delivers fresh, innovative, premium rolls and other menu items that students crave! They are always creating new rolls and food trends, while also making sure their menu items are healthy and locally sourced.

New York Pizza & Deli

Get a taste of New York right here on campus! New York Pizza & Deli offers a mouth-watering array of hot or cold subs, chicken wings and tenders, salads, appetizers, and of course PIZZA – made with your choice of ingredients!

Simply To Go Market

The Market is not just a grab & go store. It offers an incredible selection of packaged salads, sandwiches, on-trend snacks, and complete meals, along with delicious seasonal treats.

The Cedric Rucker University Center (CRUC)

Panera Bread

Good food, food you can feel good about, can bring out the best in all of us. Food served in a warm, welcoming environment, by people who care. That's good eating and that's why we're here.

Coming Soon to Eagle Landing & UMW Apartments

Self-Serve Byte Lockers! These 24-hour smart kiosks offer “grab & go” food and drinks any time of the day or night. Flex and credit accepted.

Menus, Swipes and Hours

Menus and operating hours are listed on the Dining website. Click [HERE](#) to go to the UMW Dining web site. Then click on “Locations” to view the list of all campus dining locations. After selecting a location, you’ll be able to view the menu and operating hours for each one.

Using Meal Swipes in Retail Dining Shoppes

- Meal Swipes have a dollar value of \$5.15 in our Retail Dining Shoppes.
- All Retail Dining Shoppes accept meal swipes toward retail purchases, but there are certain limitations on Eagle Meal Plan Retail Meal Swipes (please see below).
- Always let the cashier know how you want to pay for all or any portion of your purchase (Meal Swipe, Flex, EagleOne, Credit Card or a combination of those payments) before the cashier starts ringing you up.
- You may only use one meal swipe per transaction/purchase, no matter how many items you are buying. You may not apply separate meal swipes to individual items in your purchase.
- You may apply a meal swipe toward any purchase, regardless of the total cost of the purchase.
 - If the item you are buying costs less than \$5.15, you may use a meal swipe to purchase it, but you will not receive “change” or credit for the difference in the price.
 - If the item you are buying is priced at \$5.15 or “1 Meal Swipe”, your swipe pays for the entire purchase.
 - If the item you are purchasing costs more than \$5.15, your swipe will cover \$5.15 of the purchase and you will need to pay for the balance with Flex, EagleOne or Credit.

Single Swipe Meal Deals

Each retail dining location offers certain food combinations that are available at a special price of just one meal swipe. Information about the “Single Swipe Meal Deals” is posted in each retail shoppe.

Eagle Meal Plan “Retail Meal Swipes”

- This plan gives you 45 “Retail Meal Swipes” each semester.
- A “Retail Meal Swipe” has a dollar value of \$5.15.
- You may only use two “Retail Meal Swipe” per meal period
 - Breakfast Meal Period: 7am to 11am
 - Lunch Meal Period: 11am to 4pm
 - Dinner Meal Period: 4pm to 11pm

Using Guest Meals in the Retail Shoppes

- Every meal plan, except for the Weekly Meal Plans and 5 Block Meal Plan, allows you to use five of your meal swipes to buy meals for guests at the Top of the CRUC or in the retail dining shoppes.
- You must let the cashiers know before they ring in the purchase that you want to use a guest meal. One guest meal swipe may be used toward the purchase.
 - If the purchase costs less than \$5.15, the swipe will pay for the entire purchase, and you will not receive any refund or payment for the difference in the cost.
 - If the items cost more than \$5.15, you will need to pay the balance with Flex, EagleOne or a credit card.

Meal Plans

All students living in university housing are required to purchase a meal plan. Your meal plan options depend upon your class year and type of housing assigned to you. Students living off campus can buy any meal plan they desire. All meal plans are purchased through the Residence Life Housing Portal, even if you are living off campus. Details are available on [the Residence Life Meal Plan Information page](#).

Meal Plan Summaries

Eagle Plan: Available to all students. Required for freshmen living on campus

- You get unlimited access to the Restaurants at the Top of the CRUC! You can come in as many times a day as you wish.
- Includes 200 Flex Dollars per semester that you can spend in any campus dining location
- Allows the use of 5 meals for guests (Guest Meals) each semester at any campus eatery
- Includes 45 “Retail Meal Swipes” to use in Retail Dining Shoppes each semester

Note: You may only use one retail meal swipe per retail transaction, and no more than two swipes per meal period.

Block Plans

The number in front of the word “Block” indicates the number of meals available for the semester. Students have the freedom to decide when and where they want to use these meals. Each plan allows you to use 5 of your meals for guests per semester

- 225 Block with 200 Flex Dollars – Available to all upper-class students
- 150 Block with 300 Flex Dollars – Available to all upper-class students
- 85 Block with 225 Flex Dollars – Available to students living in UMW Apartments or Eagle Landing.

Block Plans for Off-Campus Students Only

- You may use your meals at the Top of the CRUC or in any of the Retail Dining Shoppes
- You may use the Flex Dollars in all campus eateries to buy food for yourself, friends or other guests
- Each plan, except for the 5 Block plan, allows you to use 5 meals for guests each semester
- Block plans include:
 - **30 Block with 575 Flex Dollars**
 - **30 Block with 250 Flex Dollars**
 - **5 Block with 300 Flex Dollars**

Weekly Meal Plans for Off-Campus Students Only

3 Meals per week plan

- Meals may only be used at the Top of the CRUC
- Meals may be used at any time of day
- More than one meal can be used per day
- No more than 3 meals can be used each week
- Meals not used at the end of one week do not roll over to the next week.
- Weeks begin on Fridays and end on Thursdays

5 Meals per week plan

- These plans follow the same rules as for the 3 Meals per week plan, except you get 5 meals per week

Dining Lingo

- A **“Meal”**, as it was originally designed, represents one visit to the Restaurants at the Top of the CRUC. It is most valuable there because on one visit you can get an abundance of food options and go to each of the points of service as often as you like.
- A **“Meal Swipe”, or just “Swipe”** is the action of swiping your EagleOne card at the cashier and using a meal to make the purchase. It is just the campus jargon for using one of your meal plan meals.
- A **“Meal”** in the retail dining shoppes has a dollar value of approximately \$5.15. Students may use one “meal” per retail transaction to lower the cost of their purchase.
- **“Retail Meal Swipes”** are the limited number of 45 meal swipes that are included with the Eagle Meal Plan each semester for use in the Retail Dining Shoppes. These swipes can only be used twice in any single meal period.
- A **“Meal”** may also be used to purchase certain special “Single Swipe” food items or combos in the retail dining shoppes. These specials might have a cash price that is lower than \$5.15. You have the option of paying the lower a la carte price with Flex Dollars, EagleOne or credit, or using a meal swipe to make the purchase.
- **“Flex Dollars”** come with nearly every meal plan, and they can be used to pay for food, in whole or in part, in any University Dining location. If you are out of meal swipes, you can use Flex Dollars to get a discounted rate for meals in the Restaurants at the Top of the CRUC. Flex Dollars left at the end of the fall term carry over to the spring term (provided you are still on a meal plan). Flex Dollars left at the end of the spring term are forfeit.

GRUBHUB, CULINARY COUNCIL AND JOBS

Campus Grubhub (For ordering ahead, not delivery)

Need food in a hurry? Students may use Campus Grubhub to order food from the Campus Retail Dining Shoppes and have it ready to pick up when they arrive! Meal swipes, Flex, EagleOne and credit are all acceptable tenders for payment, and there are no extra fees. University Dining covers the convenience fee for you! Special discounts are offered throughout the year, too. For details, see the Grubhub tab on the [Dining website](#).

Student Culinary Council

Students interested in helping to inform the dining management team about UMW student trends and influencing future changes in the dining program are encouraged to join the Student Culinary Council. The Council meets once a month, and participants receive a free meal at each meeting. For details, contact Rose Benedict: rbenedic@umw.edu.

Student Jobs

University Dining is one of the largest employers of students on campus! We offer highly competitive pay and flexible schedules that allow you time for going to classes, studying, and engaging in other campus activities. Students also receive a free meal with each shift.

We hire: Food Servers, Cooks, Cashiers, Room Attendants, Utility Workers, Catering Wait Staff, Bartenders, Student Dining Ambassadors, and Interns. **Note:** Pay you receive from University Dining will NOT reduce your financial aid.

To apply for a position, visit [Sodexo's Hourly Jobs](#) site and enter these keywords:
Student - Fredericksburg, VA - University

If you need additional information, contact the University Dining Director of Operations Nicholas Flick. Nicholas.Flick@Sodexo.com

Thank you for taking the time to learn more about our campus dining program! Please contact any member of our team at any time if you have questions, concerns, or suggestions. We want to hear from you!

Your University Dining Team

UMW.SodexoMyWay.com

Dining@UMW.edu