Welcome

We're pleased to have the privilege of serving the students, faculty and staff of the Upstate Community throughout their collegiate careers. While unfamiliar kitchens may not compare with the warm feeling you get from mom’s home cooking, we go to great lengths to ensure that your dining experience is incredible.

College dining should be fun, fresh and affordable, and we've got that covered. Upstate patrons have access to multiple dining facilities campus wide, that help fuel bodies and brains for premier academic performance. We encourage everyone to dine using a meal plan for a better connection to the community, not to mention, cost savings!

PAY WITH FINANCIAL AID
Did you know you can use financial aid to pay for a meal plan?
Contact the Office of Financial Aid
Health Education Complex
300 North Campus Boulevard
864-503-5389
finaid@uscupstate.edu

THE MORE YOU KNOW, THE BETTER IT TASTES
Know what the specials and new items are, their ingredients, and more - including calories and nutritional info right from your phone. Download Bite by Sodexo and add USC Upstate.

STAY IN TOUCH
Students, text “SaveUP” to 82257 for weekly retail savings and exclusive events.

Parents, text “UpstateParent” to 82257 for future Upstate Dining discounts for your student.

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Plan to Eat on Campus with a Meal Plan

Upstate Dining
uscupstatedining.sodexomyway.com
Upstatedining@gmail.com
864-503-5900

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Upstate University of South Carolina Dining Services

Eating Made Simple
CLC CAFÉ
Newly renovated in the Spring of 2019, our enhanced dining hall accentuates a welcoming community space with several stations that feature rotating menus including an entree line, vegetarian/vegan options, grill & pizza station and bakery.

BOAR’S HEAD DELI
The delicatessen brand committed to providing the highest quality products you can trust for over 110 years. Enjoy hot or cold deli subs, wraps, all beef hotdogs, soups, coffee and more!

PerkUP!
Located in the Library, it is the best place to get your caffeine fix on campus. Brewing We Proudly Serve Starbucks coffee makes this newly renovated space a great place to meet up with study groups & colleagues. Enjoy freshly made sandwiches, salads or pastries.

WOW CAFÉ
Coming soon to the Smith Building Food Court! Our chicken is fresh, never frozen, and made-to-order. Our hamburgers are hand-pattied, made-to-order, and our signature sauces are prepared using only the finest ingredients. We strive to deliver quality products, every time.

HISSHO SUSHI
Coming soon to the Smith Building Food Court! Have it made your way or find fresh, grab-and-go options in retail coolers located in the Library and the Health Education Complex.

**VEGETARIAN AND VEGAN OPTIONS**
Upstate Dining offers a variety of clearly labeled vegetarian and vegan options at multiple dining stations. From new twists on classic favorites to dishes custom-created by our chefs, vegetarian and vegan diners will find plenty of options to satisfy their appetites.

**MORE THAN JUST FOOD**
Healthy eating can be hard. Mindful, a winning wellness program, seeks to make the healthy choice the easy choice! Developed by a team of chefs and registered dietitians, Mindful dishes feature satisfying portions of delicious foods with fewer calories. Look for the Mindful symbol when dining on campus and check out mindful.sodexo.com for a dynamic collection of recipes, articles, and tips highlighting a complete approach to wellness.

**FOOD ALLERGIES OR DIETARY REQUIREMENTS?**
A team approach led by you, our educated consumer, is the best preparation for a safe school year free of allergic reactions. We want to meet one-on-one with all of our customers who have individual dining needs to ensure that your dining experience is safe, delicious, and social. If you have a food allergy or special diet concerns, please contact:

Upstate Dining Team
(864) 503-5900
upstatedining@gmail.com

Cristina Caro, Regional Dietitian
Cristina.Carro@sodexo.com

**PURCHASE**
If you would like to purchase a meal plan or make a change to an existing plan, visit the Cashier’s Office located in the Health Education Complex. Questions regarding Meal Plans? Contact the campus dining office at (864) 503-5900 or email upstatedining@gmail.com

**ADDED VALUE**

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<tr>
<th>Meal Plans</th>
<th>Entries to Dining Hall</th>
<th>Spartan Bucks</th>
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<tr>
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<tr>
<td>Spartan 65***</td>
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<td>$65</td>
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</tbody>
</table>

*Minimum required plan for Magnolia & Palmetto Residents
**Minimum required plan for Villa Apartment Residents
***Automatically assigned to all commuter students for use at all campus retail locations or the CLC Café.