

## FRIDAY & SATURDAY SCHEDULE

Station	Friday	Saturday
Rise	7:00 AM - 11:00 AM	10:00 AM - 2:00 PM
Home - Omelets	7:00 AM - 11:00 AM	10:00 AM - 2:00 PM
Fruit & Yogurt	7:00 AM - 2:00 PM, 5:00 PM - 7:00 PM	7:00 AM - 2:00 PM, 5:00 PM - 7:00 PM
Quesera!	11:00 AM - 2:00 PM	Closed
Fuze	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM	Closed
Brick	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM
Green	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM
Simple Servings	11:30 AM - 2:00 PM, 5:00 PM - 7:00 PM	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM
Chef Table	11:30 AM - 2:00 PM, 5:00 PM - 7:00 PM	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM
Sprout	11:30 AM - 2:00 PM, 5:00 PM - 7:00 PM	11:00 AM - 2:00 PM, 5:00 PM - 7:00 PM
Flame	12:00 PM - 2:00 PM, 5:00 PM - 7:00 PM	5:00 PM - 7:00 PM
Home Sauté	Closed	Closed
Late Night	Closed	Closed
UCook	11:00 AM - 2:00 PM	Closed
Beacon Scoop Shoppe Smoothie	7:00am - 10:00am	Closed
Beacon Scoop Shoppe Icecream	5:00pm - 7:00pm	5:00pm - 7:00pm

## CULINARY COUNCIL SIGN-UP

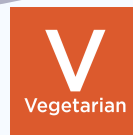
*We're always eager for student feedback and fresh ideas. Email [Kevin.Kesterson@sodexo.com](mailto:Kevin.Kesterson@sodexo.com) to sign up for your Campus Culinary Council. Be the first to know about upcoming dining events and share your feedback directly with our Dining Services team!*

## CAMPUS DIETITIAN

*Looking for personalized guidance on making nutritious choices in campus dining? Contact our Registered Dietitian for tips and support! Email [gabrielle.mele@sodexo.com](mailto:gabrielle.mele@sodexo.com)*



*Discover our diverse range of nutritious options. Our team is here to help you make the best choices!*



## GUIDE TO FUELING YOUR PERFORMANCE AT THE DINING COMMONS

### STAY FUELED, STAY FIT at the Dining Commons

*Proper nutrition is the foundation of peak athletic performance.*

As a student-athlete, your busy schedule demands balanced, healthy meals to provide the energy and nutrients essential for excelling on the field and in the classroom. This guide is here to help you navigate your dining options, ensuring you get the right food at the right time.

Whether you're fueling up for morning practice, recovering after a workout, or grabbing a late-night snack, you'll find a variety of nutritious choices tailored to your needs.

*Stay fueled, stay fit, and let your performance soar!*



## SUNDAY - THURSDAY SCHEDULE

## EXPLORE A VARIETY OF NUTRITIOUS & DELICIOUS OPTIONS AT THE DINING COMMONS

Station	Sunday	Monday-Thursday
Rise	10:00 AM - 2:00 PM	7:00 AM - 11:00 AM
Home - Omelets	10:00 AM - 2:00 PM	7:00 AM - 11:00 AM
Fruit & Yogurt	10:00 AM - 2:00 PM, 5:00 PM - 7:30 PM	7:00 AM - 2:00 PM, 5:00 PM - 7:30 PM
Quesera!	Closed	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM
Fuze	Closed	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM
Brick	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM	11:00 AM - 2:00 PM, 5:00 PM - 8:00 PM
Green	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM	11:00 AM - 2:00 PM, 5:00 PM - 8:00 PM
Simple Servings	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM	11:30 AM - 2:00 PM, 5:00 PM - 7:30 PM
Chef Table	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM	11:30 AM - 2:00 PM, 5:00 PM - 8:00 PM
Sprout	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM	11:30 AM - 2:00 PM, 5:00 PM - 8:00 PM
Flame	5:00 PM - 7:30 PM	12:00 PM - 2:00 PM, 5:00 PM - 8:00 PM
Home Sauté	Closed	12:00 PM - 2:00 PM, 5:00 PM - 8:00 PM
Late Night	Closed	8:30 PM - 11:30 PM
UCOOK	Closed	11:00 AM - 2:00 PM, 5:00 PM - 7:30 PM
Beacon Scoop Shopper Smoothie	Closed	7:00am - 10:00am
Beacon Scoop Shopper Icecream	5:00pm - 7:30pm	5:00pm - 8:00pm

**Simple Servings:** Enjoy worry-free dining at Simple Servings, where every dish is crafted with your dietary needs in mind, offering a diverse range of flavorful options made without 8 of the top 9 allergens.

**Savory:** Elevate your dining experience at Chef Table, where culinary mastery shines through in dishes that showcase the artistry of our skilled chefs.

**Sprout:** Explore the vibrant world of plant-based cuisine at Sprout, where fresh, wholesome ingredients come together in deliciously satisfying meals that are as good for you as they are for the planet.

**Flame:** Ignite your taste buds at Flame, our grill station, where expertly seared burgers, crispy grilled chicken, and bold flavors are crafted to perfection.

**Home Sauté:** Enjoy the warmth of home-style cooking at Home Sauté, where comfort foods meet modern trends, delivering wholesome meals prepared while you wait.

**Late Night Bites:** Satisfy your late-night cravings with Mr. Beast Burger, NASCAR Wings, or our own Chicken Tenders and Flatbread—*available exclusively on the Everyday App!*

**Rise:** Start your day strong at the Breakfast Grill, where classic morning favorites are freshly prepared to give you the wholesome energy you need to tackle the day.

**Beacon Scoop Shoppe:** Enjoy delicious ice cream every evening and now, start your mornings with a tasty smoothie from the Beacon Scoop Shoppe! Choose from healthy add-ins like kale, spinach, and Greek yogurt to boost your day.

**Home - Omelets:** Create the perfect omelet just the way you like it. Choose from a variety of fresh ingredients, including veggies, cheeses, and proteins, for a satisfying meal that delivers essential nutrients to fuel your morning.

**Fruit & Yogurt:** Refresh yourself at the Fruit & Yogurt Bar, where a vibrant selection of fresh fruits and creamy yogurts offers a healthy start or a refreshing snack any time of day.

**Quesera!:** Enjoy a taste of Mexico at Quesera!, where fresh tortillas, savory fillings, and zesty toppings create a fiesta for your taste buds.

**Fuze:** Dive into the flavors of Asia at Fuze, where colorful vegetables, premium meats, and bold sauces come together on our sizzling Mongolian Grill.

**Brick:** Indulge in the classics at Brick, where hand-tossed pizzas, al dente pasta, and a variety of sauces and toppings bring a taste of Italy to your plate.

**Green:** Savor the freshness at Green, where crisp salads and nutritious greens are combined in delightful ways to keep you energized all day long. A

**UCook:** UCook Kitchen is a customizable culinary station where students take charge of their meals. Stocked with fresh ingredients, sauces, and seasonings, and equipped with induction stoves and cookware, it invites students to cook their own dishes and unleash their inner chef.