

CONTACT INFO

Corey King

General Manager
corey.king@aladdinfood.com

Delbert Clark

Director of Operations
delbert.clark@aladdinfood.com



@RaidersDining



@RaidersDining

541-552-6042

Menus can be found at:

sou.campus-dining.com



WELCOME

Welcome to Southern Oregon University's dining program, managed by Aladdin Campus Dining. We're proud to offer a program that fulfills the needs of today's college students. Each year we'll have exciting changes, fresh menus, and new enhancements to your dining experience. These enhancements will be the result of feedback and input from students, faculty, and staff on campus. We're here to serve you!

STUDENT EMPLOYEMENT

There are many exciting job opportunities available in SOU's dining program. We offer a wide variety of engaging positions, competitive wages, and work schedules that are flexible enough to accommodate student schedules. For more information on student employment stop by the Food Service Office in The Hawk or visit sou.campus-dining.com.



SPECIAL DIETARY NEEDS

SOU's dining program and a Registered Dietitian (R.D.) will work with parents, students and health care providers to help manage students' food allergies and special diets by:

- » Working with physicians, dietitians, or qualified nutrition specialists to manage dietary substitutions.
- » Knowing where emergency medications are stored and knowing how they should be administered in case a student has an allergic reaction.
- » Reviewing menus with parents or students who have food allergies to determine what, if any, menu items need to be substituted.

HOURS OF OPERATION

THE HAWK – RAIDER VILLAGE

Monday–Friday

Breakfast	7:00am – 10:00am
Continental	10:00am – 11:00am
Lunch	11:00am – 1:30pm
Light Lunch	1:30pm – 4:30pm
Dinner	4:30pm – 7:30pm

Saturday & Sunday

Brunch	9:00am – 1:30pm
Light Lunch	1:30pm – 4:30pm
Dinner	4:30pm – 7:30pm

THE LANDING – RAIDER VILLAGE

Monday – Friday	7:00am – 10:00pm
Saturday & Sunday	9:00am – 10:00pm

ELMO'S GRILL – STEVENSON UNION

Monday–Thursday

Breakfast	8:00am – 10:30am
Lunch	11:00am – 2:00pm
Grab & Go	8:00am – 3:00pm

Friday

Breakfast	8:00am – 10:30am
Lunch	11:00am – 2:00pm
Grab & Go	8:00am – 2:00pm

Saturday & Sunday

CLOSED

EINSTEIN BROS. BAGELS – STEVENSON UNION

Monday – Thursday	8:00am – 5:00pm
Friday	8:00am – 2:00pm
Saturday & Sunday	CLOSED

SOUTHERN GROUNDS – HANNON LIBRARY

Monday – Friday	7:00am – 4:00pm
Saturday & Sunday	CLOSED

Hours are subject to change without prior notice

Menus can be found online at:
sou.campus-dining.com



SOU's Dining Program is committed to bringing nutritious food to the table and making the healthy choice an easy choice for all our guests. We created BeWell as a guide to make it easier for you to choose well. The program uses two approaches for better dining. First, our Eating Approach combines the latest in nutrition science and culinary trends to create crave-worthy, nutritious menu choices. Second, our Wellness Approach encourages positive behavior change through our promotions, wellness education programs, and partnerships. Lastly, dining guests will be able to use an online, interactive menu guide for highlighting healthier options and viewing nutritional information for our daily menus. Guests can find this menu on our SOU Campus Dining website.



TO-GO BOXES

We understand that schedules can be tight, and not everyone has time to sit down and eat. To help relieve busy schedules, we offer reusable to-go containers for only \$7 at The Hawk. Reusable containers are available for this purpose only in The Hawk.

Purchases can be made with card, cash, or Raider Cash. Used containers must be exchanged for a new container at each visit so that dining services can properly clean and sanitize each container. You may not reuse used containers that have not been cleaned by dining services. If you do not want to carry your empty container around, simply return the container and receive a marked carabiner until you need another to-go box. Paper cups and utensils will be available upon each visit.

RAIDER CASH

Raider Cash is included in nearly all meal plans to cover all your campus dining needs. With Raider Cash you're able to purchase anything from a quick bite to a full meal to a late-night snack run.

Raider Cash can be used in all SOU dining locations. For residential meal plans, Raider Cash will carry over each term for returning students. Raider Cash balances will be voided when the student moves out or by August 31st, whichever comes first. For questions regarding the Raider Cash program, please visit our website or call The Hawk office at 541-552-6042.

To reload Raider Cash, go online to SOU.CampusCardCenter.com or call the dining office 541-552-6042.



MEAL EXCHANGE

Don't have time to get to The Hawk between classes? That's not a problem as we have you covered with the Meal Exchange program. The Meal Exchange program allows anyone with a meal plan to use a meal swipe at Elmo's for an entrée, side item, and drink. This Icon identifies what items are part of this program. If items outside of the meal combo are purchased, Raider Cash or another form of payment must be applied to complete the transaction.



RESIDENTIAL MEAL PLANS

\$2,050 Per Term

Red Plan	Unlimited Weekly Meals \$100 Raider Cash 10 Guest Passes
Black Plan	17 Weekly Meals \$150 Raider Cash 20 Guest Passes

All first-year students must have either the RED or BLACK plan.

\$1,705 Per Term

(S) Plan	14 Weekly Meals \$150 Raider Cash 10 Guest Passes
(O) Plan	12 Weekly Meals \$250 Raider Cash 10 Guest Passes
(U) Plan	10 Weekly Meals \$350 Raider Cash 10 Guest Passes

\$1,390 Per Term

Rocky Plan	10 Weekly Meals \$100 Raider Cash
-------------------	--------------------------------------

\$950 Per Term

Madrone Hawk Plan	5 Weekly Meals \$400 Raider Cash 5 Guest Passes
--------------------------	---

\$900 Per Term

Madrone Plan	\$900 Raider Cash
---------------------	-------------------

SOU DINING LOCATIONS

Elmo's Grill

Elmo's offers all the favorites! From teriyaki bowls, burgers, pizza and pasta to fresh made-to-order salads or grain bowls. Grab-and-go options are also available such as sushi, sandwiches, snacks, beverages and local coffee.

Elmo's is located on the main level of the Stevenson Union.

Einstein Bros. Bagels

Einstein Bros. is our second option for food at the Stevenson Union. Located on the main level across from Elmo's, here you can find bagels, a variety of shmears, and delicious sandwiches. We also feature smoothies and full-service coffee.

Southern Grounds

Featuring Café Mam

At Southern Grounds we feature Café Mam Coffee from Eugene, OR, in this full-service coffee shop. Here you can also find a wide assortment of grab-and-go items including sandwiches, salads, and snacks from our Tryon market program. You can also find seasonal drinks, daily soups, fresh pastries, and deli sandwiches.

Southern Grounds is located in the Hannon Library.

COMMUTER MEAL PLANS

Ashland Plan

\$180

20 Meals
Up to \$80 in Savings

University Plan

\$320

30 Meals
\$50 Raider Cash
Up to \$120 in Savings

Raider Plan

\$625

65 Meals
\$75 Raider Cash
Up to \$295 in Savings

Raider Cash Plan

\$400

\$435 Raider Cash



The Hawk

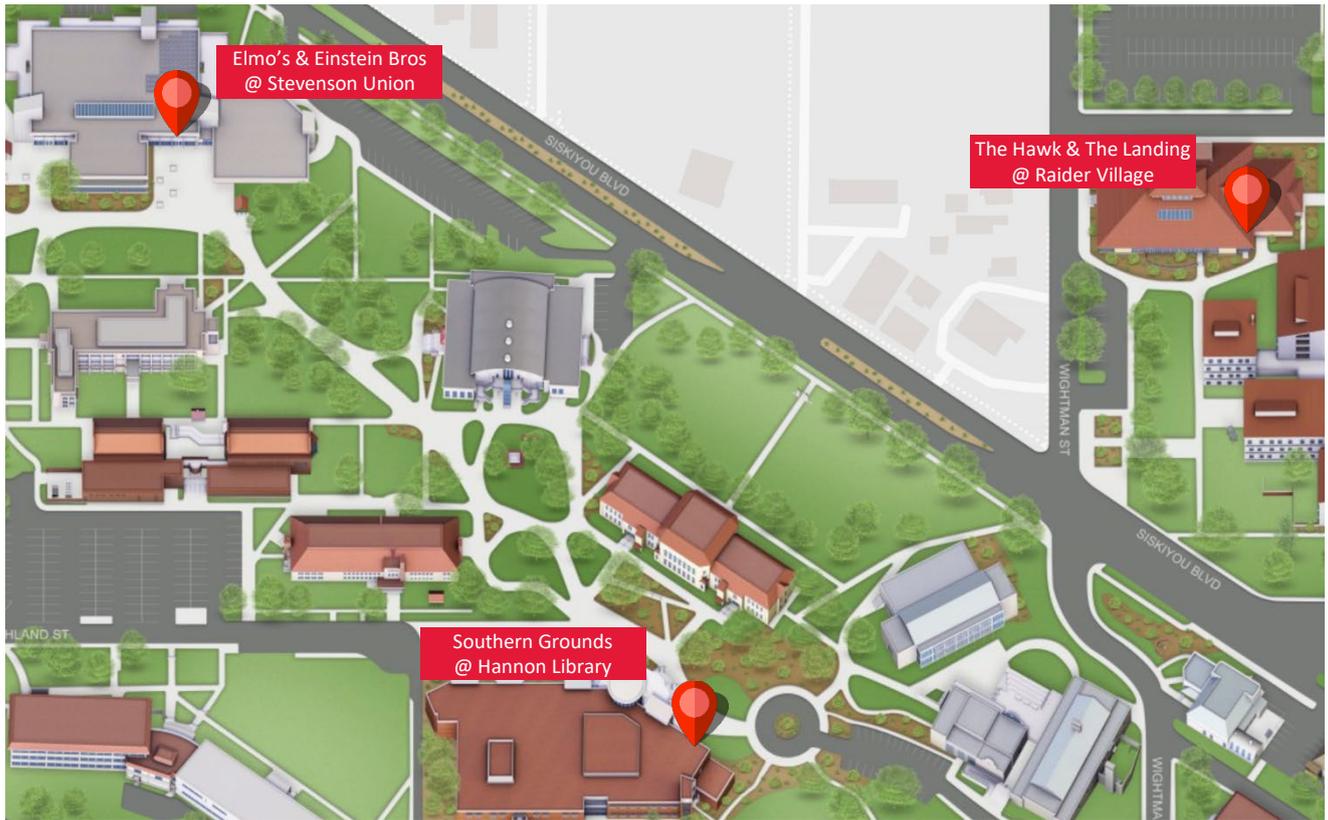
Located in Raider Village is Southern Oregon University's Dining Hall, which is open for Students, Staff, Faculty, and the General Public. The Hawk accepts all forms of payment.

Garden Kitchen	Focused on a Vegan Lifestyle Prepared Free from Gluten, Tree Nuts, Peanuts, Eggs, Dairy, Fish and Shellfish
Street Food	Food Truck Culinary Influences
Red Plate	Traditional American Comfort Food
Sauce & Stone	Features Fresh Salad, Pastas, and Signature Pizza
Greens	Made-to-order Salad Station Featuring Local Produce
Global Fare	Internationally Inspired Cuisine
Flame	A Modern Twist on Freshly Prepared Burgers and Fries
The Rogue Deli	Fresh Soup and Sandwiches Made with Local Bread

The Landing

The Landing is our convenience store located inside The Hawk. Here, we feature Starbucks coffee and offer a great selection of beverages, groceries, grab-and-go items, and snacks from both local vendors and well-known favorites. The Landing accepts cash, card, and Raider Cash.

CAMPUS MAP



RAIDER CASH

Almost all meal plans come with Raider Cash, which is a declining balance of campus dining dollars. Meal plan holders can use Raider Cash at all eateries on campus. Anyone can add money onto their Raider Cash account by visiting SOU.CampusCardCenter.com or by scanning the QR code here. ➡



RAIDER CUP CLUB

Be the first to sign up for the RAIDER plan or RAIDER CASH plan!

The first 100 people to sign up for the RAIDER plan or RAIDER CASH plan will receive a Raider Cup Club Sticker!

Members of this exclusive club can get complimentary soda, tea, coffee, or hot chocolate. Show your sticker and enjoy!

The Raider Cup Club Sticker is a limited time offer. We cannot replace lost, stolen, or damaged stickers. Valid until August 31st

CONTACT INFORMATION

For more information, contact us at 541-552-6042 • sou.campus-dining.com



@RaidersDining



@RaidersDining