



Arizona Dining News

Build Healthier Habits

Ready to make a commitment to your health?

Embrace the power of healthy dining options on campus! From balanced meals to fresh fruits and veggies, our dining locations are here to support your wellness journey.

Don't know where to start?

Here are some examples on how to build those healthier habits:

Enjoy Balanced Meals

Aim for meals that include a variety of food groups, such as fruits, vegetables, whole grains, lean proteins, and healthier fats.

'85 NORTH
Jerked Chicken With Pineapple Salsa and Salad Bar

RADICCHIO
Tandoori Eggplant, or Lentils and Chickpeas and Salad Bar

CACTUS GRILL
Sweet and Sour Tofu, or Chickpea Toor Dal and Salad Bar

Snack Smart

Choose nutritious snacks like fruits, nuts, yogurt, or whole-grain crackers over processed snacks high in sugar and unhealthy fats.

NRICH URBAN MARKET
Champ Bar or Mix

NRICH/ARIZONA MARKET/HIGHLAND GROCERY
Carrot/Celery and Hummus

SICHUAN KITCKEN
Pickled Sesame Cucumbers

Increase Your Fruits & Veggies

Aim to fill half your plate with fruits and vegetables at each meal. They are rich in vitamins, minerals, fiber, and antioxidants.

NRICH URBAN MARKET
Blueberry Soaked Oats or Marinara Butternut Squash

CORE PLUS
Açai Berry Bowl

IQ FRESH
Champ Smoothie

Stay Hydrated

Drink plenty of fluids throughout the day making water your drink of choice.

NRICH URBAN MARKET
Infused Water

ALL MARKETS
Smartwater

ALL MARKETS
Vitaminwater Zero

Never Hungry

TIP

Health On-The-Go

Staying healthy while on the go can be easy. Your schedule doesn't have to derail your health goals. Check out **Arizona Market, Global Market, and Highland Grocery** for convenient grab-and-go options! From pre-made meals to nutritious snacks, fuel your busy lifestyle with quick and wholesome choices.



Where to use CatCa\$h

Unlock the power of CatCa\$h! Your CatCa\$h isn't limited to on-campus essentials. Use it at select off-campus retailers and restaurants on University Blvd.

View the complete list of participating locations [here](#).

IYKYK

April 11 | Tajín Throwdown

Spice up your day with Tajín on April 11. Swing by Cactus Grill, Radicchio, '85 North, Cork & Craft, and Sabor for featured Tajín menu items. Grab a sample and add extra flavor to your meals!

April 24 | SPAM Special

Get ready for flavor paradise at Cactus Grill on April 24 with SPAM day! Join us for a Hawaiian-themed meal and score some free SPAM swag while you dine!



April 15 | Celebration Cookies Are Back!

Indulge in sweetness this Spring with Celebration Cookies for every occasion. Get themed Spring, Sports and Graduation cookies in packs of 5 starting at \$14.99. Order your cookies starting April 15. Pick up at On Deck Deli in the SUMC Food Court. Give your favorite grad some A cookies as a yummy parting gift.



Living Like A ROCK STAR

KNOW BEFORE YOU GO

Have you taken advantage of Arizona Dining's Menus Online? Easily check out what's cooking at Cactus Grill, '85 North, and Radicchio from your dorm or classroom. You can even access nutrition and dietary information for your favorite menu items.

[Check the menus](#) and stay in the know.

#hellorockstar

2024 TOUR DATES

'85 North
Arizona Market
Cactus Grill
Catalyst Café
Chick-Fil-A
Core
Core+
Cork & Craft
Einstein Bros. Bagels
Global Market
Highland Grocery
Ike's Coffee & Marketplace

IQ Fresh
Más Tacos
Nrich Urban Market
Nrich Urban Market Express
On Deck Deli
Panda Express
Papa Johns Pizza
Radicchio
Red & Blue Market
Sabor Mexican Fare
Saffron Bites @ SUMC
Saffron Bites @ Global

Scented Leaf
Shake Smart @ Campus Rec
Shake Smart @ North Rec
Sichuan Kitchen
Slot Canyon Café
Starbucks Bookstore
Starbucks Global
Starbucks Library
Sushi with Gusto
The Den By Denny's

Over 30 Kitchens Cooking Just For You