

Additional Dining Options

BLOCK 25 PLAN

This plan is designed for customers who are on campus occasionally. It allows you to utilize any 25 meals in The Dining Commons during the semester. This plan is available only to students living OFF CAMPUS.

BLOCK 50 PLAN

This plan is designed especially for students who commute to Campus every day. It allows you to utilize any 50 meals in The Dining Commons during the semester. This plan is available only to students living OFF CAMPUS.

RAM Cash

This is a pre-paid debit account that allows students, faculty and staff to make purchases at any one of our Dining Services locations and the Bookstore. RAM Cash is also used for laundry and select vending machines on campus.

Deposits to your FSCard account can be made by visiting the RAM

Cash page of our website or in person at the Dining Services office. Unused balances will only carry over from the Fall semester to the Spring semester.

RAM Cash Application

Please Check One:

New Account Existing Account

Name: _____

Campus or Home Address: _____

Phone Number: _____

Social Security Number: _____

Amount of Deposit: _____

I understand that monies remaining in my account at the end of the Fall Semester will be available for the Spring Semester. Monies remaining at the end of the Spring Semester are forfeited. Account deposits are non-refundable

Customer Signature: _____

Date: _____

If you are mailing your application, please attach payment in the form of a check only.

Please make checks payable to:
Sodexho Campus Services

Thank you for your participation!



Rules and Regulations

- Your Student ID is your FSCard
- Access to The Dining Commons will not be permitted without your FSCard.
- Meals and Dining Dollars can only be used by the individual identified on the card.
- Removing food and china from The Dining Commons is strictly prohibited.
- Students are responsible for bussing their own tables and removing dirty dishes.
- Lost FSCard's must be reported to the Card Services Office immediately. Please note that there is a fee for card replacement.
- Failure to comply with these rules and regulations will result in disciplinary action.



Student Employment

Dining Services offers a wide range of job opportunities for students (not work study) with flexible hours. To apply, stop by the Dining Services Office located on the 2nd Floor of the College Center. You can reach us by phone at 508.626.4602 or via e-mail at dining@frc.mass.edu.

Balance™ Mind, Body and Soul

is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental and emotional. It is not about fads or fad diets. It is about maintaining balance in one's life.

Each month Sodexho Campus Services features a new range of topics which are available on site and in more depth at www.balancemindbodysoul.com.

Questions or comments?
Please contact us at 508.626.4602 or
send an e-mail to dining@frc.mass.edu

Framingham State College
DINING SERVICES



Dining Destinations

The Dining Commons...

...is located in the McCarthy College Center. This facility is open to all students, faculty and staff. For students on a meal plan, The Dining Commons is the main dining facility.

BREAKFAST

In addition to a variety of hot items such as scrambled eggs, home fries, pancakes and bacon we offer Minute Maid juices, Green Mountain coffee, a Belgian waffle and omelet bar, hot and cold cereals, bagels, breakfast pastries, and much, much more.

LUNCH & DINNER

We offer a salad bar full of fresh vegetables, house-made soups, several entrées with all the accompaniments, a grill and deli station, handmade fresh from the oven pizza, and a display cooking station where you can see your meal prepared right before your eyes. For dessert, you can choose from our freshly baked cakes, cookies and pies or create your own ice cream sundae. In addition to these, we have plenty of special and theme meals planned throughout the year.

The Snack Bar...

...also located in the McCarthy College Center, is a great place to go for a quick breakfast, light lunch or a late night snack. Come on down and one of our friendly staff will prepare you something from our extensive menu. Choose from our selection of hot and cold sandwiches, subs, burgers or individual pizzas, just to list a few. Or if you're on the run, grab one of our SmartMarket salads or wraps and a cup of our house-made soup.

The Cyber Café

...is located in the lobby of the McCarthy College Center. At this popular location we proudly brew STARBUCKS® coffee and espresso beverages. Also available are CREAMICE® frozen beverages and a decadent selection of delicious pastries.

The Juice Bar...

...is located on the first floor of the Athletic Center. Whether you need a quick snack and drink between classes or a smoothie after your workout, then this is the place to go. We also serve freshly brewed Green Mountain coffee, or for something more substantial, you can try one of our convenient SmartMarket items.



Welcome to Framingham State College Dining Services...

Our goal is to provide the campus community with the best dining experience possible, whether it is a cup of our freshly brewed Green Mountain Coffee or an elegant sit-down dinner. We believe that there is a lot more to a great meal than just good food. Friendly and helpful service, a clean and pleasant environment and quality food are all equally important to us.

The life of today's college student is more hectic than ever. Between classes, studying, sports and clubs, and maybe even a part-time job, time to relax and enjoy yourself is precious. Dining Services offers a place to do this. It's a place to meet old friends and to make new ones. Our numerous locations, flexible plans, and extended hours are sure to fit into your busy schedule.

Mission Statement

To create and offer services that contribute to a more pleasant way of life for people whenever and wherever they come together.



For more information and hours of operation, visit us on the web
www.framingham.edu/dining_services

Meal Plan Options

19 MEAL PLAN

This plan offers the best value for the student accustomed to eating 3 meals a day. It allows you to use any 19 meals in The Dining Commons. Included are 10 guest passes that may be used at any time during the semester.

14 MEAL PLAN

This plan is perfect for a student who is a moderate eater or goes home on the occasional weekend. It allows you to use any 14 meals in The Dining Commons. Included are 5 guest passes that may be used at any time during the semester.

10 MEAL PLAN

This plan is ideal for the light eater or for a student who is frequently away from campus on the weekends. It allows you to utilize any 10 meals in The Dining Commons. Included are 2 guest passes that may be used at any time during the semester.

19 FLEX MEAL PLAN

19 Meal Plan plus \$100 Dining Dollars

14 FLEX MEAL PLAN

14 Meal Plan plus \$150 Dining Dollars

10 FLEX MEAL PLAN

10 Meal Plan plus \$200 Dining Dollars

Dining Dollars

...are provided with the Flex Meal Plan options. They may be used for purchases in any one of the Dining Services locations. Dining Dollars must be used within the semester in which they are provided and have no actual cash value.

All students living ON CAMPUS are required to choose one of the plans listed above

