MEAL EXCHANGE
For residential students in Tabler and Roth Quads on the “unlimited meal plan.”

**SUBWAY**
BREAKFAST: 6” sub + coffee or 20oz fountain beverage
LUNCH: 6” sub + chips or apple slices + 20oz fountain beverage
DINNER: 6” sub + chips + apple slices + 20oz fountain beverage
LATE NIGHT: 6” sub + chips or apple slices + 20oz fountain beverage

**SMASH N’ SHAKE**
LUNCH: #1, 2, 3 or 6 + fries or whole fruit + 20oz fountain beverage
DINNER: #1, 2, 3, or 6 + fries + whole fruit + 20oz fountain beverage
LATE NIGHT: #1, 2, 3, or 6 + fries or whole fruit + 20oz fountain beverage

**STIR-FRY**
LUNCH: Any entrée + whole fruit or chips + 20oz fountain beverage
DINNER: Any entrée + whole fruit + chips + 20oz fountain beverage
LATE NIGHT: Any entrée + whole fruit or chips + 20oz fountain beverage

**RAMEN**
LUNCH: Ramen bowl + 20oz fountain beverage
DINNER: Ramen bowl + 20oz fountain beverage
LATE NIGHT: Ramen bowl + 20oz fountain beverage

**TUSCAN BISTRO**
LUNCH: Flatbread + whole fruit or chips + 20oz fountain beverage
OR Hero sandwich + whole fruit or chips + 20oz fountain beverage
DINNER: Flatbread + garlic knot + whole fruit or chips + 20oz fountain beverage
OR Any entrée + garlic knot + 20oz fountain beverage
LATE NIGHT: Flatbread + whole fruit or chips + 20oz fountain beverage
OR Any entrée + garlic knot + 20oz fountain beverage