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

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

**SMASH N’ SHAKE**
**LUNCH:** #1, 2, 3, 6 or 7 + fries or whole fruit + 20oz fountain beverage
**DINNER:** #1, 2, 3, 6 or 7 + fries + whole fruit + 20oz fountain beverage
**LATE NIGHT:** #1, 2, 3, 6 or 7 + 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/DINNER/LATE NIGHT:** Ramen bowl + 20oz fountain beverage

**BRUNCH ALL DAY**
**LUNCH:** Omelet OR Burrito + 20oz fountain beverage
**DINNER:** Omelet OR Burrito + hash browns + 20oz fountain beverage
**LATE NIGHT:** Omelet OR Burrito + 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 + whole fruit + chips + 20oz fountain beverage
   OR Any regular entrée + whole fruit + chips + 20oz fountain beverage
**LATE NIGHT:** Flatbread + whole fruit or chips + 20oz fountain beverage
   OR Hero sandwich + whole fruit or chips + 20oz fountain beverage