

# Campus Meal Plan Value Exchange Suggestions

(All suggested meals fit into a meal plan. Combos limited to location availability)

## Players Grill

### Breakfast

- 1/2 order Biscuits & Gravy + Breakfast Combo
- Egg + Breakfast Combo
- Breakfast Meat + Breakfast Combo
- Pancakes + Breakfast Combo
- Mini Quesadilla + Breakfast Combo
- Weekly Meal Plan Special

### Lunch and Dinner

- Smasher Single + Combo 1 or Combo 2
- Smasher Single w/Bacon + Combo 1
- 3 Smasher minis + Combo 1
- 2 Smasher minis + Combo 2
- Patty Melt + Combo 1
- Deli Grill + Combo 1 or Combo 2
- Grilled Cheese + Combo 1 or Combo 2
- Vegetarian Grill + Combo 1 or Combo 2
- BLT + Combo 1 or Combo 2

## Hearth Stone

### Lunch and Dinner

- Hearth Stone Value Exchange Combo
- Vegetarian entrée + Combo 1 or Combo 2
- Rotisserie entrée + Combo 1 or Combo 2
- Hearth Stone entrée + Combo 1 or Combo 2

## Wild Greens

### Lunch and Dinner

- Wild Greens regular salad and Small fountain beverage

## Chef Yan Can Cook Lunch

- Any Daily Entrée Selection
- Fried Rice + Combo 1 or Combo 2

## Papa John's

- Pepperoni + bottle or medium fountain soda
- Cheese + bottle or medium fountain soda



## Acentos Latino

### Lunch and Dinner

- Chicken quesadilla and combo 1 or 2
- Cheese quesadilla combo 1 or 2
- "On the Go" beef or chicken burrito and combo 1 or 2
- 2 Acentos Made-To-Order beef taco or chicken taco and combo 1 or 2
- 2 "On the Go" beef, bean or chicken tacos and combo 1 or 2
- 2 "On the Go" bean burritos and combo 1 or 2
- 3 beef or chicken tacos and small drink



## Wheat Street Deli

### Lunch

- Dice Chicken + Combo 1
- Roast Beef + Combo 1
- BLT + Combo 1
- Veggie + Combo 1 or Combo 2
- Ham + Combo 1 or Combo 2
- Salad + Combo 1 or Combo 2
- Turkey + Combo 1 or Combo 2
- Salami + Combo 1 or Combo 2
- Weekly Feature + Combo 1



## Beanery Cafe

### Lunch and Dinner

- Egg Salad Sandwich and water
- Chicken Salad Sandwich and water
- Quiche and Combo 1
- 1/2 sandwich and medium fountain Pepsi
- Chef Michael Salad and water
- Housemade Caesar salad and small fountain Pepsi



- Medium Au Bon Pain Soup + Combo 1 or Combo 2

- Outtakes Sub + Combo 1
- Outtakes Mini Sandwich, Cup of Au Bon Pain + Bottle Soda

## Olive's

### Lunch and Dinner

- Chicken Diablo flatbread + Combo 1
- Ranch Chicken flatbread + Combo 1
- Half-Moon Marinara flatbread + Combo 1
- Chicken Florentine flatbread + Combo 1
- Bruschetta flatbread + Combo 1
- Pizza flatbread + Combo 1
- Turkey Club pita + Combo 1
- Turkey and Swiss pita + Combo 1
- Ham and Cheese pita + Combo 1
- Meatball pita + Combo 1
- The Italian Job pita + Combo 1
- Gourmet Burger pita + Combo 1
- PB&J Pinta + Combo 1 or Combo 2
- Pasta Combo



## Rowdy's

### Lunch and Dinner

- Hamburger + Combo 1 or Combo 2
- Cheeseburger + Combo 1 or Combo 2
- Johnsonville™ + Combo 1 or Combo 2
- Grilled Cheese + Combo 1 or Combo 2
- Veggie Griller + Combo 1 or Combo 2
- Chicken Sandwich + Combo 1
- Chicken Nuggets + Combo 1 or Combo 2
- Chicken Tenders + Combo 1
- Italian Sub + Combo 1
- Corn Dog + Combo 1 or Combo 2
- Pizza Slice + Comb 1 or Combo 2
- Patty Melt + Combo 1
- All American Sub + Combo 1
- Turkey Swiss Sub + Combo 1
- Chicken Caesar Sub + Combo 1
- Roast Beef Sub + Combo 1
- Ham & Cheese Sub + Combo 1
- Salad Sub + Combo 1
- 3 Cheese Sub + Combo 1



## COMBO 1 \$1.90




Small fountain beverage and your choice of chips, whole fruit, Acentos Rice or Acentos Beans.


## COMBO 2 \$2.30

Small fountain beverage and your choice of Players Grill fries, "On the Go" nachos, or Outtakes veggie fries.

## Want Healthy Made Easy?

Balanced U Icons: A basic icon system to easily identify better options

	This icon identifies some of the best meal options we offer. They provide a balance of nutrients to portion size. Foods identified with this label must not exceed these nutrient limits:
	These foods do not contain any poultry, pork, beef, seafood or fish. No stocks made from poultry, pork, beef, seafood or fish may used either. These foods may contain eggs or dairy products.
	These foods do not contain any animal products at all. This includes: honey; eggs; dairy products of any kind; chicken, seafood, beef, ham or any other animal stock or base.

 Maximum Allowed Per Serving	Entree	Appetizer Side or Dessert	Whole Plate (Entree and 2 Sides)	Dressing and Sauces
Calories	500	300	800	100
Fat	15g	10g	15g	5g
Saturated Fat	5g	5g	7g	1g
Cholesterol	100mg	50mg	150mg	20mg
Sodium	800mg	400mg	1200mg	200mg