

Meal Plans

Southeast Missouri State University

2009-10

www.chartwells-semo.com



Welcome to your meal plan!

Chartwells Higher Education Dining Services is the dining services provider at Southeast Missouri State University and has made a commitment to support students seeking a healthier lifestyle. We have a fulltime registered dietitian on staff to help with nutritional concerns and the Balanced Choices program focuses on moderation, variety and education to help promote wise food choices for all students.



Balanced Choices is the foundation from which a comprehensive, division-wide wellness program has been built. It's a campus-wide wellness initiative that makes it easier to practice a healthier lifestyle because menu items that fit specific nutritional parameters are identified with a corresponding logo!

Zero Trans Fat: Our kitchens have transitioned to Zero Trans-Fat oils. This move has reduced the amount of trans-fatty acids consumed by our customers by 2 million lbs. nation wide.

Ocean Friendly Seafood: We have partnered with the Monterey Bay Aquarium's Seafood Watch program to assure that all seafood served comply with strict sustainability requirements.

Cage Free Eggs: We are the only foodservice provider to take a stand on animal welfare by offering only HFAC certified cage free shell eggs.

Meal Plan Options

Meal plans at Southeast are based on an allocated number of meals per week and are loaded on your Student ID. Simply choose the option that best fits your academic and social schedule. Key factors to consider when selecting a meal plan will

be the frequency in which breakfast is eaten and how often you will be available on weekends. Approximately 75% of students choose either the 19 or 15 meal plan.

Meal Plans are purchased through the Office of Residence Life (573) 651-2274, and balances can also be viewed online through the Southeast Portal.

The Great 19

19 Meals per week & \$116 Flex Dollars

Offers the greatest value. Enjoy all 19 meals offered on campus each week in Towers Cafe, or in our retail operations through the value exchange option. This plan is also supplemented with \$58 Flex Dollars each semester.

The Popular 15

15 Meals per week & \$140 Flex Dollars

By far our most popular plan. You are allowed up to 15 meals each week on campus and also includes \$70 Flex Dollars each semester.

The Typical 10

10 Meals per week & \$160 Flex Dollars

Allows 10 meals per week and \$80 Flex Dollars each semester.

The Light 5

5 meals per week & \$270 Flex Dollars

Includes 5 meals per week and \$135 Flex Dollars each semester.

Redbucks

Originally designed for commuter students, Redbucks have become a popular option to compliment any meal plan. Redbucks spend the same as flex dollars, however they have the added benefit of carrying over between semester and years.

Purchase as little as \$25 in Redbucks. However, average student spending suggests a minimum of \$200 per semester for residents on a meal plan and \$500 for commuters. The more you buy the more bonus dollars you will receive! Redbucks are also tax free, saving even more at the register. Redbucks can be purchased at our

office, or online and charged to your student account or credit or debit card.

Please Note: All students living on campus are required to purchase a weekly meal plan. You can initially add additional Meal Plan Flex Dollars when you select your meal plan, or purchase Redbucks at any time in increments of \$25.

Meal Plan Usage

Meals Per Week:

Your meal "allowance" is designed to be used in our all you-care-to-eat Towers Cafe for breakfast, lunch and dinner. Meals can also be used in all of our retail locations with the value exchange option (excluding Scully Café, our smallest food venue).

Flex Dollars:

Flex Dollars accompany each meal plan in varying amounts. They are held in a "declining balance account" that works on the same principle as a debit card. You can use your flex to purchase beverages or snacks, pay for items that exceed your value exchange, or even purchase a full meal in any dining location. Each time you make a purchase, the amount is subtracted from your flex dollar balance. Flex dollars do not carry over from semester to semester, so budget them wisely. You can add additional funds at any time by adding Redbucks, which work on the same principal as Flex Dollars.

Value Exchange:

Value exchange provides more meal flexibility because it allows you to use your "allocated meal" towards a la carte purchases in all but one retail location. The value exchange allowance is \$3.75 for breakfast and \$5.75 for lunch & dinner. Although the value exchange does provide substantial flexibility, there may be occasions in which the chosen items exceed the value exchange amount. This is not a problem. Simply pay the remaining balance using any form of preferred payment such as flex dollars, cash, Redbucks, credit or debit card.

Value Exchange Example:

The following items for lunch are purchased in Redhawks Market:

Classic Classic Combo:	\$5.49
Fresh Baked Cookie	+\$1.29
Value Exchange (1 meal)	\$5.75
Total	\$1.03
Flex Dollars	\$1.03

Each time you use a meal, it is subtracted from your weekly balance. Meals do not carry over from week to week and the meals reset every Sunday morning. We are one of the few universities to offer a **Meals-to-Flex conversion** program. This system eliminates all instances of "missed meals." Under this structure, unused meals will still retain value because they are converted to \$1.50 in Flex Dollars the following week.

Dining Options

All of our dining venues offer a wide variety of healthy and nutritious menu options. For additional information such as nutritional breakdowns, menus and retail pricing, please visit our web sites at www.chartwells-semo.com.

Towers Café

Experience of a wide variety of popular all-you-care-to-eat menu options in a comfortable atmosphere. Towers Cafe is sure to have what you want!

- Home-style comfort foods
- Healthy options with Balanced Choices
- Pastas and pizzas
- Burgers, fries and grilled sandwiches
- Show cooking with made-to-order items
- One of Cape's largest salad bars
- Fresh baked goods and desserts
- Fountain Pepsi, Coke, filtered water, juice and milk
- Vegetarian menus
- Popular rotating food bars
- Soft serve ice cream

Rowdy's (Towers Complex)

Offers a sub shop with fresh baked rolls, a grill serving traditional offerings, fresh baked pizza, Au Bon Pain Soup and Outtakes Food To Go prepackaged meals. Rowdy's C-Store also features convenience groceries including microwavable meals.

Redhawks Market (University Center)

Options include traditional home-style meals at Hearth Stone Ovens, grilled burgers and sandwiches at Redhawk's Players Grill, fresh pizza, made-to-order pastas and calzones at Mamma Leone's, express Mex at Acentos Latino, fresh hand tossed salad entrees at Wild Greens, Pan-Asian cuisine with Chef Yan Can Cook, Au Bon Pain Soups, Cape's only Chick-Fil-A franchise, as well as Seattle's Best Coffee and fresh Double Treat Bakery desserts.

Skylight Terrace (University Center)

Deli with multiple types of breads including toasted subs, lighter and healthier options, upscale desserts prepared in our own bakery and Island Oasis Fruit Smoothie

The Beantry Café (University Center)

An upscale dining experience. The Beantry Café has quickly become the most loved eatery on campus and a signature cafe for Southeast Missouri State. Features Starbucks coffee, in house roasted meats, fresh baked breads and bagels, locally grown and organic ingredients, Au Bon Pain soup and upscale desserts.

Scully Cafe (North Campus)

Serving made to order deli sandwiches, Seattle's Best Coffee, Outtakes "On The Go Cuisine" and Au Bon Pain soup.

Kent Coffee Café (Kent Library)

The quaint coffee shop features Seattle's Best Coffee and espresso drinks and a variety of desserts and snacks.

Riverview Café (River Campus)

Our location serving students at Earl and Margie Holland School of Visual and Performing Arts. Featuring Seattle's Best Coffee, Au Bon Pain Soups, snacks, microwavable meals and Outtakes "On The Go Cuisine".

Olive's (New Residence Hall)

A distinct destination and late night option for south campus. Olives offers flatbreads, folds, wraps and paninis. It also offers Outtakes, frozen treats and C-Store snacks.

Just the F.A.Qs (Frequently Asked Questions)

If I don't use all my meals in a week, do they carry over to the following week?

Meals do not carry over from week to week. It is important to select meal plan based on your schedule and eating pattern. Only one meal can be used at each meal period. However, we do offer Meal-To-Flex conversion that transfers each week's unused meals to Flex Dollars. For each meal that remains unused will be credited as \$1.50 in Flex dollars the following week (excluding partial weeks).

What do I do if my Flex Dollars run low?

You may add Redbucks at any time by visiting the Chartwells office (on the Second Floor of the University Center), or online through our website.

What happens to my unused Flex Dollars at the end of the semester?

Flex Dollars do not carry over from semester to semester. Make sure that you budget your Flex so that you don't run out, or have too much.

Can I change my Meal Plan once the semester has begun?

Yes, but it must be done early. You have the option of changing your meal plan ONE time during the first week of each semester. Changes are made at the Office of Residence Life.

What if I lose my student ID card?

Should you lose your Student ID Card, report it immediately to the Student ID Services, at the University Center Front Desk. Your old card will be deactivated and a new one will be issued for a nominal fee. You must have your card to use your Standing Reservation.

What do the Balanced Choices logos actually mean?

The logos help you identify menu items that accompany particular lifestyles from Fit to Vegan. The specific requirements for each are listed on our website.

If you have any additional questions, please contact the Chartwells Dining Services office at 573-651-2569, or visit www.chartwells-semo.com.

