MEAL EXCHANGE is intended to be a meal replacement program and not an á la carte snack program. Check out the locations, times and menu items for Meal Exchange. Remember, Plus Dollars can always be used for menu options not on the Meal Exchange menu. Get the most value out of your meal plan by combining Swipes, Plus Dollars and Meal Exchange! One swipe per hour; two swipes per day (Ultimate Access members have three swipes per day!)

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## Crossroads
**SUN:** 9PM-MIDNIGHT  
**MON-WED:** 9PM-1AM  
**THU-SAT:** 9PM-2AM

### GRILLEWORKS
1. **HEADLINER BURGER**  
2. **MALIBU VEGGIE BURGER**  
3. **GRILLED CHEESE SANDWICH**  
4. **THREE PIECE CHICKEN TENDER**

All options come with a 22oz. fountain soda and your choice of whole fruit, regular fries or a cookie.

### SBARRO
1. **8" CHEESE PIZZA**  
2. **8" PEPPERONI PIZZA**  

Options 1 & 2 come with a 22oz. fountain soda and whole fruit.

3. **SPAGHETTI + A BREADSTICK**  
4. **TWO SLICES OF CHEESE PIZZA**  

Options 3 & 4 come with a regular fountain soda only.

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## The Fine arts café
**BREAKFAST OMELETS**  
**MON-FRI:** 9AM-11AM

1. **WESTERN**  
2. **CHEESE**  
3. **VEGGIE**

Served with your choice of 16 oz. coffee/hot tea.

**LUNCH OPTIONS**  
**MON-THU:** 11AM-6PM  
**FRI:** 11AM-2:30PM

1. **CARTER’S MOUNTAIN**  
2. **BLUE RIDGE**  
3. **OLE VA PEANUT BUTTER & BANANA**  
4. **TURKEY, CHEDDAR & APPLE**  
5. **GRILLED CHEESE MELT**

All options above come with a bag of chips and a 16 oz. coffee/hot tea.

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## Java City
**MON-FRI:** 8AM-CLOSE

1. **ONE Pastry with a Medium Coffee or Hot Tea**  
2. **ONE Pastry with a regular Fountain Soda**  
3. **ONE Fresh Market Smoothie**  
4. **Yogurt, whole fruit and a Medium Coffee or Hot Tea**  
5. **Yogurt, whole fruit and a Regular Fountain Soda**

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## Bleeker Street
**MON-FRI:** 8AM-10:30AM

1. **CHICKEN SALAD CROSSIANT**  
2. **TUNA SALAD**  
3. **SMOKED HAM & SWISS**  
4. **CALIFORNIA TURKEY**  
5. **HUMMUS & FETA**

All options above come with side of carrots, whole fruit or chips, and a regular fountain soda.

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## Buehler's Fine Foods Bagels
**MON-FRI:** 8AM - 10:30AM

ANY BAGEL BREAKFAST SANDWICH SERVED WITH A REGULAR FOUNTAIN SODA OR A REGULAR DRIP COFFEE

TRY OUR EXPRESS MEAL EXCHANGE OPTION! BAGEL WITH SHMEAR AND A REGULAR COFFEE OR SODA