



MEAL EXCHANGE is intended to be a meal replacement program and not an à 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 Meal Exchange/To-Go swipe per hour; two Meal Exchange/To-Go swipes per day (Ultimate Access members have three swipes per day!)

The Crossroads

ALL HOURS OPEN

GRILLEWORKS

- 1 HAMBURGER
- 2 MALIBU VEGGIE BURGER
- 3 GRILLED CHEESE SANDWICH
- 4 3 PIECE CHICKEN TENDERS

All options come with a 22oz. fountain and regular fries/fruit



- 1 PERSONAL CHEESE PIZZA
- 2 PERSONAL PEPPERONI PIZZA
- 3 PASTA AND BREADSTICK

All options come with a 22 oz. fountain soda.



- 1 CHICKEN BURRITO/BOWL/SALAD
- 2 VEGGIE BURRITO/BOWL/SALAD
- 3 CHEESE QUESADILLA

All options come with chips/fruit and 22oz fountain

IN THE NOOD

ALL HOURS OPEN

- 1 CHICKEN OR TOFU PAD THAI
- 2 NOODLE SALAD AND DUMPLINGS

Served with choice of beverage

LAMBETH

ALL HOURS OPEN

- 1 PB&J ON SLICED WHITE
- 2 TOMATO, BASIL & MOZZARELLA ON CIABATTA
- 3 VEGAN AVOCADO BACON WRAP
- 4 BUFFALO CHICKEN & RED PEPPER WRAP
- 5 TURKEY CLUB WRAP
- 6 CHEF SALAD
- 7 CHICKEN CAESAR SALAD
- 8 COBB SALAD

With a regular fountain beverage

fineartscafé

BREAKFAST OMELETS OPEN-TIAM

- 1 WESTERN
- 2 CHEESE
- 3 VEGGIE

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

LUNCH OPTIONS TIAM-CLOSE

- 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



ALL HOURS OPEN

1 COLONNADE CLASSIC

Served with choice of Medium coffee or iced tea

- 2 CAROLINA BBQ SANDWICH
- 3 FRESH VEGETABLE WRAP
- 4 SPECIALTY GRILLED CHEESE

Served with choice of Medium coffee or iced tea and choice of side salad or french fries

RIISING ROLL

BREAKFAST 8AM-10:30AM

- 1 REGULAR OATMEAL
- 2 PASTRY

Served with choice of beverage

LUNCH OPTIONS 10:30AM-CLOSE

- 1 CHICKEN SALAD WRAP
- 2 ORIGINAL VEGGIE SANDWICH

Served with chips and a beverage

SIDLEY AUSTIN CAFE

ALL HOURS OPEN

- 1 BREAKFAST GRILL SANDWICH
- 2 CHOICE OF ENTREE and SIDE

Served with choice of beverage



at NEWCOMB HALL
MON-FRI, 4PM-CLOSE



- 1 CHICK-FIL-A SANDWICH
- 2 SPICY CHICK-FIL-A SANDWICH

All options come with regular waffle fries and a regular soda



- 1 6" HAM, VEGGIE, COLD CUT, TURKEY OR BLT SUB with a regular soda and chips



AT MCLEOD HALL
ALL HOURS OPEN

JAVA CITY

- 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

BLEECKER STREET

- 1 CHICKEN SALAD CROISSANT
- 2 TUNA SALAD
- 3 SMOKED HAM & SWISS
- 4 CALIFORNIA TURKEY
- 5 HUMMUS & FETA

All options with side of carrots, whole fruit OR chips, and a regular fountain soda

- 6 MANDARIN CRANBERRY SALAD with a regular fountain soda



AT RICE HALL
MON-FRI
8AM-TIAM

BOOKSTORE
ALL HOURS
OPEN



BREAKFAST SANDWICH OR BAGEL AND SHMEAR

BOTH INCLUDE A REGULAR FOUNTAIN BEVERAGE OR BREWED COFFEE

BAGEL AND SHMEAR

BOTH INCLUDE A REGULAR FOUNTAIN BEVERAGE OR BREWED COFFEE