



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

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

SOCIETY PIES

- 1 TWO SLICES OF CHEESE PIZZA
- 2 TWO SLICES OF PEPPERONI PIZZA
- 3 PASTA AND BREADSTICK

All options come with a 22 oz. fountain drink

BURRITO THEORY

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

All options come with chips/fruit and a 22 oz. fountain drink

THE CASTLE

ALL HOURS OPEN

- 1 ANY SALAD
- 2 ANY BOWL
- 3 ANY PANINI + ANY SIDE

All options come with a drink

RUNK GRILL

ALL HOURS OPEN

CHOICE OF ENTRÉE WITH FRIES AND A DRINK

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

FINE ARTS CAFÉ

BREAKFAST OMELETS OPEN - 11AM

- 1 WESTERN 2 CHEESE 3 VEGGIE
- 4 HOOVILLE (HAM, EGG + CHEESE)

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

LUNCH OPTIONS 11AM - 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 Ula chips and a 16 oz. coffee/hot tea



AT NEWCOMB HALL
MON-FRI 4PM - CLOSE

CHICK-FIL-A

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

All options come with regular waffle fries and a regular soda

SUBWAY

- 1 6" HAM, VEGGIE, COLD CUT, TURKEY, OR BLT SUB

with a regular soda and chips

CRUMBS ON THE CORNER

ALL HOURS OPEN

- 1 BLACK FOREST HAM & SWISS CROISSANT
- 2 CHICKEN SALAD ON CIABATTA
- 3 MOZZARELLA & TOMATO ON TOMATO WRAP
- 4 CHEF SALAD
- 5 GARDEN SALAD

Meal Exchange includes choice of sandwich or salad, chips or cookie, and small drip coffee



AT MCLEOD HALL
AFTER 10:30AM

- 1 CHICKEN, PEAR & WALNUT SALAD
- 2 CHICKEN CAESAR WRAP
- 3 6-IN ITALIAN SUB
- 4 TUNA SALAD ON WHEATBERRY
- 5 MEDITERRANEAN VEGGIE CIABATTA
- 6 CHEESY SUN-DRIED TOMATO MELT

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

RISING ROLL

BREAKFAST 8AM - 10:30 AM

- 1 PEACH PECAN OATMEAL
- 2 RAISIN BROWN SUGAR OATMEAL
- 3 PASTRY

LUNCH OPTIONS 10:30 AM - CLOSE

- 1 HUMMUS VEGGIE WRAP
- 2 TURKEY CHEEZER SANDWICH
- 3 MAUI SALAD
served with a small garden salad
- 4 GARDEN SALAD
- 5 GRILLED CHEESE

All served with a small coffee or fountain beverage

JAVA CITY

ALL HOURS OPEN

- 1 ONE pastry with whole fruit and a medium coffee or regular fountain soda
- 2 ONE Fresh Market smoothie
- 3 Yogurt, whole fruit, and a medium coffee or regular fountain soda

SIDLEY AUSTIN CAFÉ

ALL HOURS OPEN

- 1 BREAKFAST GRILL SANDWICH
- 2 CHOICE OF ENTRÉE AND SIDE

Served with choice of beverage

WEST RANGE CAFÉ

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

EINSTEIN BROS. BAGELS

@ RICE HALL

MON-FRI 8AM - 11AM

BREAKFAST SANDWICH OR BAGEL AND SHMEAR

Both include a regular brewed coffee or hot tea

@ the BOOKSTORE

ALL HOURS OPEN

BAGEL AND SHMEAR

Includes a regular brewed coffee or hot tea