



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 22 oz. fountain drink and regular fries/fruit

SOCIETY PIES

- 1 PERSONAL CHEESE PIZZA
- 2 PERSONAL 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

IN THE NOOD

MON-THUR 11AM - 8PM | FRI 11AM-3PM

- 1 NOOD SAMPLER
- 2 CHICKEN AND BROCCOLI ALFREDO
- 3 CLASSIC SPAGHETTI & MEATBALLS
- 4 SHIITAKE UDON

LATE NIGHT IN THE NOOD

MON-THUR 8PM - 11PM

- 1 MAMA'S MAC
- 2 MACCAPRESE
- 3 BUFFALO MAC
- 4 MACCAROMA

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

FINE ARTS CAFÉ

BREAKFAST OMELETS OPEN - 11AM

- 1 WESTERN
- 2 CHEESE
- 3 VEGGIE

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 a bag of chips and a 16 oz. coffee/hot tea

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, cake pop, and small drip coffee

RISING ROLL

BREAKFAST 8AM - 10:30 AM

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

Served with small coffee

LUNCH OPTIONS 10:30 AM - CLOSE

- 1 HUMMUS VEGGIE WRAP
- 2 TURKEY LURKEY
- 3 ALBACORE TUNA WRAP
- 4 GRILLED CHEESE & SOUP

Served with small coffee or fountain drink

SIDLEY AUSTIN CAFÉ

ALL HOURS OPEN

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

Served with choice of beverage



ALL HOURS OPEN

- 1 COLONNADE CLASSIC
- 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



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



AT MCLEOD HALL
ALL HOURS OPEN

- 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

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

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