



Gold Meal Plan Sample

A 3-Week Sample Plan for students on Gold Meal Plan

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	BYO Smoothie Milbrook Market \$8.00	Egg & Cheese Breakfast Sandwich Lajoy's Coffee Cafe \$6.25	BYO Omelet Cherry Tree \$5.99	Breakfast Empanada Coffeestamp \$4.95	Breakfast Burrito Cherry Tree \$5.99	6" Breakfast Sandwich Subway \$6.69	Bagel & Cream Cheese Cherry Tree \$3.69
Lunch	Chicken and Ground Beef Entree with Rice and Beans DUC - Qdoba \$14.85	Pulled Turkey Sandwich with Side Beast Craft BBQ \$15.99	General Tso Chicken (Small) Corner 17 \$10.99	BBQ Chicken Bowl The Fattened Caf \$14.00	Mona Lisa Pizza Crushed Red at DUC \$11.49		Picadilly Salad Bar Bear's Den \$12.00
Dinner	Bear Plate Bear's Den \$11.50	Bear Plate Bear's Den \$11.50	Bear Plate Bear's Den \$11.50	Bear Plate Bear's Den \$11.50		Chicken Toastada Pizza Village Pizza \$11.99	Blackened Salmon Village Showcase 10.99
Total Points/day	\$34.35	\$33.74	\$28.48	\$30.45	\$17.48	\$18.68	\$26.68

Total Weekly Points Available

\$189

Total Weekly Points Used

\$190



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Berry Bowl Collins Farms \$13.00	Breakfast Combo: Scrambled Eggs, Bacon, Breakfast Potatoes Bear's Den - Grill \$6.99		Three Sisters Empanada (Vegan) Coffeestamp \$4.95			
Lunch	Garlic Shrimp with Asian Vegetables and Basmati Rice Village - Showcase \$10.99	Beef and Broccoli (Small) Corner 17 \$12.99	Chicken Shwarma DUC - Kalamata \$11.49	Caprese Panini with Chips Collin's Farms \$11.95	Rotisserie Chicken with Simply Smashed Yukon Potatoes, and Roasted Green Beans Bear's Den L'Chaim \$12.99	Eggs Benedict Village- Brunch \$10.99	Chocolate Chip Pancakes Village- Brunch \$10.99
Dinner	Bear Plate Bear's Den \$11.50	Peruvian Roasted Chicken with Fingerling Potatoes and Roasted Broccoli DUC - Simple Servings \$9.99	Bear Plate Bear's Den \$11.50	You Pick 2: Cubano & Ceasar Salad Cherry Tree \$10.99	Bear Plate Bear's Den \$11.50	Herb Baked Salmon with Sauteed Squash and Jasmin Rice Village - Showcase \$10.99	Korean BBQ Pizza Village- Pizza \$11.99
Total Points/day	\$35.49	\$33.65	\$23.45	\$27.43	\$24.49	\$21.98	\$22.98

Total Weekly Points Available

\$189

Total Weekly Points Used

\$189



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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	BBQ Hot Chicken Empanada Coffeestamp \$4.95	Egg & Cheese Bites Cherry Tree Café \$8.99	Egg & Cheese Croissant Cherry Tree \$5.99	Burrito AM CoffeeStamp \$9.00	Southwest Honey Ingomeato Tender Biscuit (Vegan) Café Bergson \$5.99	BYO Yogurt Bar Café Bergson \$5.00	Strawberry Yogurt Parfait
Lunch	Buffalo Chicken Wrap DUC - Grill \$10.99	Broccoli Cheddar Ranch Pizza Village- Pizza \$11.99	Chicken Panini Coffeestamp \$13.00	Roasted Vegetable Italian Wrap with Side Café Bergson \$8.99	Danforth Club with Sweet Potato Fries Ibby's \$13.00		Fried Chicken, Baked Idaho Potato, Roasted Root Vegetables
Dinner	Spicy Pork Logganisa Bowl (Large) The Fattened Caf \$13.00	Bear Plate Bear's Den \$11.50	Sesame Chicken (Large) Corner 17 \$14.99	Bear Plate Bear's Den \$11.50	Apricot Roasted Pork Loin with Sweet Potato Hashbrowns and Marinated Portobello Mushrooms DUC - Simple Servings \$9.99		Szechuan Tofu with Broccolini and Jasmine Rice Bear's Den - L'Chaim \$12.99
Total Points/day	\$28.94	\$32.48	\$33.98	\$29.49	\$28.98	\$5.00	\$29.97

Total Weekly Points Available

\$189

Total Weekly Points Used

\$189