



Silver Meal Plan Sample

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

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	BYO Smoothie Milbrook Market \$8.00						
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	\$27.49	\$22.49	\$25.50	\$11.49	\$11.99	\$22.99

Total Weekly Points Available

\$154

Total Weekly Points Used

\$156



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
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		Korean BBQ Pizza Village- Pizza \$11.99
Total Points/day	\$22.49	\$22.98	\$23.45	\$22.48	\$24.49	\$10.99	\$22.98

Total Weekly Points Available

\$154

Total Weekly Points Used

\$150



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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		
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		
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			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	\$18.99	\$0.00	\$12.99

Total Weekly Points Available

\$154

Total Weekly Points Used

\$157