



Dining Platinum Meal Plan

A 3-Week Sample Plan

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<div>Freshens Smoothie</div> <div>Cafe Bergson</div> <div>\$6.29</div>	<div>Ham, Egg, & Cheese Breakfast Sandwich</div> <div>Lajoy's Coffee Cafe</div> <div>\$6.25</div>	<div>BYO Omelet</div> <div>Cherry Tree Cafe</div> <div>\$5.99</div>	<div>Breakfast Empanada</div> <div>Coffeestamp</div> <div>\$4.85</div>	<div>Egg Breakfast Sandwich</div> <div>Bear's Den - Grill</div> <div>\$6.99</div>	<div>6" Breakfast Sandwich</div> <div>Subway</div> <div>\$6.69</div>	<div>Bagel & Cream Cheese</div> <div>Cherry Tree</div> <div>\$3.59</div>
Lunch	<div>Chicken & Ground Beef Entree w/Rice and Beans</div> <div>DUC - Qdoba</div> <div>\$13.45</div>	<div>Pulled Turkey Sandwich with Side</div> <div>Beast Craft BBQ</div> <div>\$14.99</div>	<div>General Tso Chicken (Small)</div> <div>Corner 17</div> <div>\$10.99</div>	<div>Chicken Salad Sandwich w/Red Cabbage Atchara</div> <div>The Fattened Caf</div> <div>\$12.50</div>	<div>Salad Bar</div> <div>DUC - Neapolitan</div> <div>\$9.99</div>	<div>Simple Servings Meal</div> <div>Bear's Den - Simple Servings</div> <div>\$9.99</div>	<div>BYO Omelet</div> <div>Village - Grill</div> <div>\$5.99</div>
Dinner	<div>All You Care to Eat</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>All You Care to Eat</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>All You Care to Eat</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>All You Care to Eat</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>All You Care to Eat</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>Philly Cheesesteak with Grilled Vegetables</div> <div>Village - Grill</div> <div>\$13.98</div>	<div>BYO Stir Fry</div> <div>Bear's Den - Mongolian</div> <div>\$10.99</div>
Total Points/day	\$32.69	\$34.19	\$29.93	\$30.30	\$29.93	\$30.66	\$20.57

Total Weekly Points Available

\$202.93

Total Weekly Points Used

\$208.27

Points Remaining

(\$5.34)



Dining Platinum Meal Plan

A 3-Week Sample Plan

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	WashU Bears Bowl Collins Farms \$10.95	Belgian Waffle with Fruit Bear’s Den - Grill \$4.99	Bacon, Egg and Cheese Croissant Cafe Bergson \$5.99	Three Sisters Empanada (Vegan) Coffeestamp \$4.85	Asiago Bagel and Cream Cheese Lajoy’s Coffee Cafe \$3.95	Yogurt Parfait Paws and Go \$4.99	Blueberry Muffin Cherry Tree \$2.59
Lunch	BYO Sandwich with Fruit Salad Village - Deli \$10.49	Beef and Broccoli (Small) Corner 17 \$12.99	Vegan Vegetable Curry Bowl with Greek Salad DUC - Kalamata \$11.49	Buffalo Grilled Cheese Panini with Chips Collin’s Farms \$12.00	L'Chaim meal of the day Bear’s Den \$12.99	Chicken Sandwich w/Side Village - Grill \$12.98	Breakfast Combo Bear’s Den - Grill \$6.99
Dinner	All You Care to Eat Bear’s Den \$12.95	Simple Servings Bowl DUC - Simple Servings \$9.99	All You Care to Eat Bear’s Den \$12.95	BYO Deli Cherry Tree Cafe \$8.49	All You Care to Eat Bear’s Den \$12.95	Spice Market Meal Village - Spice Market \$9.99	Simple Servings Meal Bear’s Den - Simple Servings \$9.99
Total Points/day	\$34.39	\$27.97	\$30.94	\$24.83	\$29.89	\$27.96	\$19.57

Total Weekly Points Available

\$202.93

Total Weekly Points Used

\$195.55

Points Remaining

\$7.38



Dining Platinum Meal Plan

A 3-Week Sample Plan

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast Empanada Coffeestamp \$4.99	BYO Smoothie Village \$8.00	Egg Breakfast Sandwich Bear’s Den - Grill \$6.99	BYO Yogurt Bar Cherry Tree Cafe \$3.99	Farmhouse Breakfast Sandwich Cafe Bergson \$5.99	Croissant with BYO Yogurt Bar Cherry Tree Cafe \$7.58	Strawberry Yogurt Parfait Millbrook Market \$4.99
Lunch	Buffalo Chicken Wrap DUC - Grill \$10.99	Bacon Chicken Ranch Wrap w/Side Cafe Bergson \$9.99	BYO Deli Sandwich w/Side Village - Deli \$10.49	BYO Stir Fry Bear’s Den Mongolian Grill \$10.99	Roast Beef Sandwich w/Fries Ibby’s \$12.99	BYO Omelet Village - Grill \$5.99	Breakfast Sandwich Bear’s Den - Grill \$6.99
Dinner	Spicy Pork Logganisa Bowl (Large) The Fattened Caf \$13.00	All You Care to Eat Bear’s Den \$12.95	Sesame Chicken (Large) Corner 17 \$14.99	All You Care to Eat Cherry Tree Cafe \$12.95	Simple Servings Bowl DUC - Simple Servings \$9.99	Grilled Chicken Sandwich with Grilled Vegetables Village - Grill \$13.98	L'Chaim Meal Bear’s Den - L’Chaim \$12.99
Total Points/day	\$28.84	\$30.94	\$32.47	\$27.93	\$28.97	\$27.55	\$24.97

Total Weekly Points Available

\$202.93

Total Weekly Points Used

\$201.67

Points Remaining

\$1.26



Dining Gold Meal Plan

A 3-Week Sample Plan

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Ham, Egg, & Cheese Breakfast Sandwich Lajoy’s Coffee Cafe \$6.25		Breakfast Empanada Coffeestamp \$4.85		6" Breakfast Sandwich Subway \$6.69	Bagel & Cream Cheese Cherry Tree \$3.59
Lunch	Chicken and Ground Beef Entrée with Rice & Beans DUC - Qdoba \$13.45	Pulled Turkey Sandwich w/Side Beast Craft BBQ \$14.99	General TSO Chicken (Small) Corner 17 \$10.99	Chicken Salad Sandwich w/Red Cabbage Atchara The Fattened Caf \$12.50	Salad Bar DUC - Neapolitan \$9.99	Simple Servings Meal Bear’s Den - Simple Servings \$9.99	BYO Omelet Village - Grill \$5.99
Dinner	All You Care to Eat Bear’s Den \$12.95	All You Care to Eat Bear’s Den \$12.95	All You Care to Eat Bear’s Den \$12.95	All You Care to Eat Bear’s Den \$12.95	All You Care to Eat Bear’s Den \$12.95	Philly Cheesesteak with Grilled Vegetables Village - Grill \$13.98	BYO Stir Fry Bear’s Den - Mongolian \$10.99
Total Points/day	\$26.40	\$34.19	\$23.94	\$30.30	\$22.94	\$30.66	\$20.57

Total Weekly Points Available

\$181.65

Total Weekly Points Used

\$189.00

Points Remaining

(\$7.35)



Dining Gold Meal Plan

A 3-Week Sample Plan

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		Belgian Waffle w/Fruit Toppings Bear’s Den - Grill \$4.99		Three Sisters Empanada (Vegan) Coffeestamp \$4.85		Yogurt Parfait Paws and Go \$4.99	Blueberry Muffin Cherry Tree \$2.59
Lunch	BYO Sandwich w/Fruit Salad Village - Deli \$10.49	Beef and Broccoli (Small) Corner 17 \$12.99	Vegan Vegetable Curry Bowl w/Greek Salad DUC - Kalamata \$11.49	Buffalo Grilled Cheese Panini w/Chips Collin’s Farms \$12.00	L’Chaim meal of the day Bear’s Den \$12.99	Chicken Sandwich w/ a side Village - Grill \$12.98	Breakfast Combo Bear’s Den - Grill \$6.99
Dinner	All You Care to Eat Bear’s Den \$12.95	Simple Servings Bowl DUC - Simple Servings \$9.99	All You Care to Eat Bear’s Den \$12.95	BYO Deli Sandwich Cherry Tree Cafe \$8.49	All You Care to Eat Bear’s Den \$12.95	Spice Market Meal Village - Spice Market \$9.99	Simple Servings Meal Bear’s Den - Simple Servings \$9.99
Total Points/day	\$23.44	\$27.97	\$24.95	\$24.83	\$25.94	\$27.96	\$19.57

Total Weekly Points Available

\$181.65

Total Weekly Points Used

\$174.66

Points Remaining

\$6.99



Dining Gold Meal Plan

A 3-Week Sample Plan

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		BYO Smoothie Village \$8.00		BYO Yogurt Bar Cherry Tree Cafe \$3.99		Croissant w/ BYO Yogurt Bar Cherry Tree \$7.58	Strawberry Yogurt Parfait Millbrook Market \$4.99
Lunch	Buffalo Chicken Wrap DUC - Grill \$10.99	Bacon Chicken Ranch Wrap w/Side Cafe Bergson \$9.99	BYO Deli Sandwich w/Side Village - Deli \$10.49	BYO Stir Fry Bear's Den - Mongolian Grill \$10.99	Roast Beef Sandwich w/Fries Ibby's \$12.99	BYO Omelet Village - Grill \$5.99	Breakfast Sandwich Bear's Den - Grill \$6.99
Dinner	Spicy Pork Logganisa Bowl (Large) The Fattened Caf \$13.00	All You Care to Eat Bear's Den \$12.95	Sesame Chicken (Small) Corner 17 \$10.99	All You Care to Eat Bear's Den \$12.95	Simple Servings Bowl DUC - Simple Servings \$9.99	Grilled Chicken Sandwich w/Grilled Vegetables Village - Grill \$13.98	L'Chaim Meal Bear's Den - L'Chaim \$12.99
Total Points/day	\$23.99	\$30.94	\$21.48	\$27.93	\$22.98	\$27.55	\$24.97

Total Weekly Points Available
\$181.65

Total Weekly Points Used
\$179.84

Points Remaining
\$1.81



Dining Silver Meal Plan

A 3-Week Sample Plan

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch	<div>Chicken & Ground Beef Entrée w/Rice and Beans</div> <div>DUC - Qdoba</div> <div>\$13.45</div>	<div>Chicken Tender Sandwich Basket</div> <div>Beast Craft BBQ</div> <div>\$10.99</div>	<div>General Tso Chicken (Small)</div> <div>Corner 17</div> <div>\$10.99</div>	<div>Chicken Salad Sandwich with Red Cabbage Atchara</div> <div>The Fattened Caf</div> <div>\$12.50</div>	<div>Salad Bar</div> <div>DUC - Neapolitan</div> <div>\$9.99</div>	<div>Simple Servings Meal</div> <div>Bear's Den - Simple Servings</div> <div>\$9.99</div>	<div>BYO Omelet</div> <div>Village - Grill</div> <div>\$5.99</div>
Dinner	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$10.95</div>	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$10.95</div>	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$10.95</div>	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$10.95</div>	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$10.95</div>	<div>Philly Cheesesteak with Grilled Vegetables</div> <div>Village - Grill</div> <div>\$13.98</div>	<div>BYO Stir Fry</div> <div>Bear's Den - Mongolian</div> <div>\$10.99</div>
Total Points/day	\$24.40	\$21.94	\$21.94	\$23.45	\$20.94	\$23.97	\$16.98

Total Weekly Points Available

\$148.54

Total Weekly Points Used

\$153.62

Points Remaining

(\$5.08)



Dining Silver Meal Plan

A 3-Week Sample Plan

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch	<div>BLT on Texas Toast</div> <div>LaJoy's Coffee Cafe</div> <div>\$8.95</div>	<div>Cubano</div> <div>Coffeestamp</div> <div>\$11.00</div>	<div>Vegan Vegetable Curry Bowl with Greek Salad</div> <div>DUC - Kalamata</div> <div>\$11.49</div>	<div>Buffalo Grilled Cheese Panini with Chips</div> <div>Collin's Farms</div> <div>\$12.00</div>	<div>L'Chaim meal of the day</div> <div>Bear's Den L'Chaim</div> <div>\$12.99</div>	<div>Chicken Sandwich w/Side</div> <div>Village - Grill</div> <div>\$12.98</div>	<div>Breakfast Combo</div> <div>Bear's Den - Grill</div> <div>\$6.99</div>
Dinner	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>Simple Servings Bowl</div> <div>DUC - Simple Servings</div> <div>\$9.99</div>	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>BYO Deli Sandwich</div> <div>Cherry Tree Cafe</div> <div>\$8.49</div>	<div>All You Care to Eat (one time through)</div> <div>Bear's Den</div> <div>\$12.95</div>	<div>Spice Market Meal</div> <div>Village - Spice Market</div> <div>\$9.99</div>	<div>Simple Servings Meal</div> <div>Bear's Den - Simple Servings</div> <div>\$9.99</div>
Total Points/day	\$19.90	\$20.99	\$22.95	\$19.98	\$23.94	\$22.97	\$16.98

Total Weekly Points Available

\$148.54

Total Weekly Points Used

\$147.71

Points Remaining

\$0.83



Dining Silver Meal Plan

A 3-Week Sample Plan

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch	<div>Buffalo Chicken Wrap</div> <div>DUC - Grill</div> <div>\$10.99</div>	<div>Bacon Chicken Ranch Wrap w/Side</div> <div>Cafe Bergson</div> <div>\$9.99</div>	<div>Spice Market Meal</div> <div>Village - Spice Market</div> <div>\$9.99</div>	<div>BYO Stir Fry</div> <div>Bear’s Den - Mongolian Grill</div> <div>\$10.99</div>	<div>Stanley's Poke Bowl</div> <div>Stanley’s Sushi</div> <div>\$9.00</div>	<div>BYO Omelet</div> <div>Village - Grill</div> <div>\$5.99</div>	<div>Breakfast Sandwich</div> <div>Bear’s Den - Grill</div> <div>\$6.99</div>
Dinner	<div>Spicy Pork Logganisa Bowl (Large)</div> <div>The Fattened Caf</div> <div>\$11.00</div>	<div>All You Care to Eat (one time through)</div> <div>Bear’s Den</div> <div>\$10.95</div>	<div>Sesame Chicken (Small)</div> <div>Corner 17</div> <div>\$10.99</div>	<div>All You Care to Eat (one time through)</div> <div>Bear’s Den</div> <div>\$10.95</div>	<div>Simple Servings Bowl</div> <div>DUC - Simple Servings</div> <div>\$9.99</div>	<div>Grilled Chicken Sandwich w/Grilled Vegetables</div> <div>Village - Deli</div> <div>\$10.49</div>	<div>L’Chaim Meal</div> <div>Bear’s Den - L’Chaim</div> <div>\$12.99</div>
Total Points/day	\$21.99	\$20.94	\$20.98	\$21.94	\$18.99	\$16.48	\$19.98

Total Weekly Points Available

\$148.54

Total Weekly Points Used

\$141.30

Points Remaining

\$7.24