

### **Dining Platinum Meal Plan**

A 3-Week Sample Plan

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

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

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

Remaining

## **Dining Platinum Meal Plan**

A 3-Week Sample Plan

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

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

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

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

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

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

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

> **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

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

Total Weekly Points Available \$148.54

Total Weekly Points Used \$141.30

Points Remaining \$7.24