

# 2023-2024 MEAL PLANS

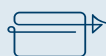


## Find Your Fit

MEAL PLAN	MEAL SWIPES	MEAL EXCHANGES*	FLEX DOLLARS	PRICE (PER SEMESTER)
Unlimited	Unlimited	1 Per Day (5 Total Per Week)	\$100	\$3,379
Weekly 15	15 Per Week	1 Per Day (5 Total Per Week)	\$225	\$3,167
Weekly 12	12 Per Week	1 Per Day (5 Total Per Week)	\$360	\$3,167
Weekly 10	10 Per Week	1 Per Day (5 Total Per Week)	\$400	\$3,167
Blue Plan	45 Meal Swipes or Meal Exchanges Per Semester		\$100	\$316
Gold Plan	25 Meal Swipes or Meal Exchanges Per Semester		\$75	\$215
White Plan	15 Meal Swipes or Meal Exchanges Per Semester		\$50	\$154

\*Meal Exchanges pull from allotted Meal Swipes.

## Know Your Perks



### MEAL SWIPES

Meal Swipes are used to get into the Blue & Gold Dining Hall and come with all meal plans. Once you've selected the perfect meal plan, your student ID becomes your meal swipe pass—because less cards equal less stress.



### MEAL EXCHANGE

A feature of every meal plan, Meal Exchanges can be used to purchase select combo meals at campus dining locations, adding even greater flexibility and convenience.



### FLEX DOLLARS

Flex Dollars are included with all meal plans and can be used at all locations (from grabbing a snack, to ordering late night options, and everything in between)! Running low?! Add more Flex Dollars at [ncwu.campusdish.com](http://ncwu.campusdish.com).

## Ask A Dietitian



Our dining team works hard to accommodate students with dietary restrictions due to food allergies or intolerances. Please contact our Registered Dietitian for more information about dining options that fit your needs.

**KELLI WOOD, MS, RD, LDN**  
[wood-kelli@aramark.com](mailto:wood-kelli@aramark.com)

Let's Get  
**SOCIAL**



@ncwudining



## Dining

### DINING LOCATIONS & MEAL EXCHANGE

#### **BLUE & GOLD DINING HALL**

An all-you-care-to-eat facility offering a variety of stations from home cooking, grill station, full salad bar, pizza and pasta, deli, desserts, and allergen-friendly food. Make the meal that suits you by mixing and matching from stations to get the best of everything.

#### **FOODLAB**

Foodlab is located in the Hartness Student Center and features rotating menus from made-to-order American cuisine to fresh, exciting international flavors. Along with a rotating meal exchange menu, we also offer a permanent meal exchange menu including a cheeseburger combo meal, chicken tender combo meal, and chicken tender sandwich combo meal at this location.

- Resident students may use their meal exchange swipes at Foodlab Monday-Thursday after 7:30pm + Sunday after 7:00pm
- Commuter students may use their meal exchange swipes at Foodlab during all operating hours
- To view Meal Exchange options, scan the QR code below and select Foodlab

#### **BISHOP BISTRO**

The Bishop Bistro is located in Pearsall Library which features a We Proudly Serve Starbucks coffee shop and fresh grab-and-go items such as salads, wraps, and sandwiches.

- Meal Exchange options include choice of sandwich, wrap, or salad + chips or whole fruit + drink

## **VIEW OUR HOURS & MENUS**

Scan the QR code or visit us  
at [ncwu.campusdish.com](http://ncwu.campusdish.com)!

