Healthy eating on campus has never been easier. We offer a variety of healthy options, including low-fat, made without gluten, vegan and vegetarian foods and beverages. Made-to-order entrée stations cooked from scratch and fresh fruits and vegetables in the residential restaurants let you customize your meal to fit your lifestyle. We also offer individualized help if you are on a special diet.

5 WAYS TO LEARN

1. Meet with our Health & Wellness Coordinator to discuss special dietary needs and dining options. Contact our R.D. at 612-626-8977 or via email at dining@umn.edu.

2. Nutrition brochures are available at our retail restaurants and food courts. Brochures can also be found on our website (http://dining.umn.edu).

3. Visit our CampusDish website at http://univofminnesota.campusdish.com or download the CampusDish App on your smartphone to view daily menus and nutrition information for all 7 residential restaurants.

4. Be sure to look for our Life logos to help identify nutritious choices in our residential restaurants.

5. Track your calories and meals with myfitnesspal. Download the app on your computer or mobile device and search for Aramark on Campus!

QUESTIONS?

DINING.UMN.EDU
612-624-0558

OR VISIT:
MEAL PLAN OFFICE
COFFMAN UNION, ROOM B41
MONDAY-FRIDAY 9AM-5PM

Terms and Conditions do apply.
For complete terms & conditions, please visit http://dining.umn.edu

RESIDENCE HALLS
2016–2017

EATING Made Easy
You have a lot on your plate. Did you leave room for food?

CONNECT WITH US:
@UMNDining
GET WHAT YOU WANT, WHERE YOU WANT, WHEN YOU WANT IT.

RESIDENTIAL RESTAURANTS
feature full access for breakfast, lunch or dinner, with international entrees, grill, deli, salad bar and more! Restaurants are located in Bailey, Middlebrook, Sanford, Centennial, Pioneer, Comstock and 17th Avenue Residence Halls.

FOOD COURTS AND RESTAURANTS
are the place to meet, greet and eat between classes. Eat in or take out using FlexDine!

CAFES AND COFFEEHOUSES
are the places to get work done on your computer or enjoy great conversation. Use your FlexDine instead of cash for tax-free savings!

MOBILE ORDERING WITH TAPINGO
lets you skip the line and save forest! Tell your U Card to the cashier for breakfast, brunch, lunch, dinner or late night, and any unused meals will not carry over to the following week. Be sure to take advantage of our To-Go Program for snacks and meals if you are running low on time!

UDS TO-GO PROGRAM
Grab a meal on-the-go with our To-Go program! Now, you can use your meal plan for a carry out meal from your favorite residential restaurant – just bring your U Card to the cashier for breakfast, brunch, lunch, dinner or late night, use a meal swipe (or cash or FlexDine!), and enjoy a hot meal on the run! For more information, visit http://dining.umn.edu/about/togo.html

A PLAN FOR YOUR LIFE, YOUR SCHEDULE.
Whether you need a between-class snack or a full-course meal, it’s covered when you have a meal plan!

WHEN YOU PURCHASE A MEAL PLAN, YOU GET:

1. Credit for a certain amount of full access meals at the 7 all-you-care-to-eat residential restaurants on campus.
2. FlexDine dollars you can spend at campus cafes, restaurants, convenience stores and the student section at TCF Bank Stadium. (Plus, you can add FlexDine at any time!)

PLAN 1: ANYTIME DINING
The perfect plan, offering flexibility, value and convenience. With this plan, you can eat at any residential restaurant whenever they are open – whether you’re looking for a sit down meal, a quick snack or just a beverage. Plus, this plan has the highest value, with the lowest average price per meal. Talk about a good deal!

- $2,372/semester
- Unlimited meals/week
- $100 FlexDine dollars
- No guest meals/semester
- $2,173/semester

PLAN 2: 14 MEALS PER WEEK
The most popular plan! The standard 14 Meals per Week plan provides consistency to your day with a set number of meals per week. You can use your meal swipes whenever you want throughout the week at any of the all-you-care-to-eat on-campus residential restaurants.

- $2,072/semester
- 14 meals/week
- $100 FlexDine dollars
- 10 guest meals/semester
- $1,904/semester

PLAN 3: 11 MEALS PER WEEK
Sleeping in? No problem. We’ve got the perfect meal plan for you! Enjoy the consistency of a weekly meal plan (which you can use at any on-campus residential restaurant) without committing to every early breakfast. That’s what the $100 FlexDine is for: to grab a quick granola bar on the way to class!

- $1,842/semester
- 11 meals/week
- $100 FlexDine dollars
- 10 guest meals/semester
- $1,842/semester

FAQs
Can I change my meal plan?
Fall residential meal plans can be changed during the first two weeks of the fall semester on the Housing & Residential Life website (http://housing.umn.edu). Instructions on how to change your spring meal plan will be emailed to your University email account in November. Additional information regarding meal plan changes can be found at http://dining.umn.edu

Can I treat a friend to a meal?
Each residential meal plan includes 10 guest meals to treat friends and family to all-you-care-to-eat meals in residential restaurants. You can also use FlexDine dollars to treat your guest at any of the residential restaurants and campus food courts.

What if my FlexDine dollars run low?
Simple! Just add more FlexDine dollars to your account at any time. You can use cash, credit card or bill to your University student account. When you want to replenish your FlexDine dollars, just call 612-624-0558, or visit the Meal Plan Office in Coffman Union, Room 841. You can also visit our website (http://dining.umn.edu) to add more.

Do FlexDine dollars expire?
FlexDine balances remaining on your U Card at the end of each semester will be available until one year of inactivity occurs on the account. After one year of inactivity, any funds remaining will revert back to the University of Minnesota.

Do unused meals carry over?
Weekly meal plans reset before breakfast each Monday morning and any unused meals will not carry over to the following week. Be sure to take advantage of our To-Go Program for snacks and meals if you are running low on time!

For more information: http://dining.umn.edu/mealplan/umn.edu

Coffman Union, Room 841 | 612-624-0558