

Concept	Meal Exchange	Swipe Equivalent	Hours
Market 810-2-Go	14" pizza and a 2 liter of soda	2 Swipes	Daily 10:30am - Close
Grille Works	(1) Breakfast Sandwich on English Muffin (egg/cheese, egg/ham/cheese or egg/bacon/cheese) with 1 Hash Brown Potato Patty with Choice of 1/2 pint Milk, Medium Drip Coffee or Medium Fountain Beverage	1 Swipe	Daily 7:30 am - 10:30 am
Grille Works	(1) Cereal Bowl, (1) piece Whole Fruit, (1) Nature Valley Granola Bar, choice of (1) 6 oz yogurt, and choice of (1) 1/2 pint Milk or (1) Medium Drip Coffee	1 Swipe	Daily 7:30 am - 10:30 am
Grille Works	(1) 4-ounce Angus Burger W/Wo Cheese, (1) Regular Fry and Choice of (1) Medium Fountain Beverage, or 1/2 pint of Milk	1 Swipe	Daily 11:00am - Close
Wrap/Salad Station	Grilled Chicken Caesar or Grilled Tofu Caesar Wrap or 24 ounce Salad, (1) Whole Fruit, Choice of Medium Fountain Beverage or 1/2 Pint Milk	1 Swipe	Daily 11:00am - Close
Nao and Zen	Choice of (1) General Kaz Tofu or Classic Teriyaki Chicken over Rice portion, (1) Whole Fruit, Medium Fountain Beverage or 1/2 Pint Milk	1 Swipe	Daily 2:00pm - Close
Bene Pizza	Two Pizza Slices (Plain or Pepperoni), (1) Whole Fruit, Choice of Medium Fountain Beverage or 1/2 Pint Milk	1 Swipe	Daily 11:00am - Close
Chick-Fil-A	CFA sandwich, (1) Whole Fruit, regular FF, Choice of Medium fountain drink or 1/2 pint milk	1 Swipe	Saturday 11:00am - 10:00pm
Chick-Fil-A	8-pack Nuggets, Regular FF, (1) Whole Fruit, Choice of Medium fountain drink or 1/2 Pint milk	1 Swipe	Saturday 11:00am - 10:00pm

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Chick-Fil-A	CFA Salad, Choice Medium Fountain drink or 1/2 Pint Milk	1 Swipe	Saturday 11:00am - 10:00pm
Commons Convenience	(1) Rams on the Run Sandwich or Salad w/ (1) dressing packet; (1) Choice of Small bag Chips or (1 piece) Whole Fruit Fruit, Choice of (1) 12 oz. Canned Soda OR 16.9 oz. Water	1 Swipe	Daily 10:00am - Close
Subway	6" Sub-Choice of Meatball, Italian BMT, Spicy Italian, Veggie Delite, Ham, Turkey, Cold Cut Combo; Chips; (1) Whole Fruit, Choice of Medium Fountain Beverage or 1/2 pint Milk	1 Swipe	Sunday 7:00pm - Close
Alpine Bagel	Choice of (2) Bagels w/ Cream Cheese, (1) whole fruit, choice of (14oz) Orange Juice, (16oz) Coffee or 1/2 pint Milk	1 Swipe	Daily 7:30 am - 10:30am
Alpine Bagel	Any (1) Breakfast sandwich, (1) whole fruit and a choice 16 oz fountain drink, 1/2 pint Milk, (16oz) Coffee or (14oz) Orange Juice	1 Swipe	Daily 7:30 am - 10:30am
Alpine Bagel	(1) Choice of sandwich: Pilgrims Pride, Ham Sammy, Hummus is Among Us or Jerry Garcia with (1) Lays Potato Chips, (1) whole fruit, and choice of 16 oz fountain drink, (14oz) OJ, (16oz) coffee, or 1/2 pint Milk.	1 Swipe	Daily 2:00pm - Close
Alpine Bagel - Gateway	Choice of (2) Bagels w/ Cream Cheese, (1) whole fruit, choice of (14oz) Orange Juice, (16oz) Coffee or 1/2 pint Milk	1 Swipe	Daily 6:30am - 10:30am
Alpine Bagel - Gateway	Any (1) Breakfast sandwich, (1) whole fruit and a choice 16 oz fountain drink, 1/2 pint Milk, (16oz) Coffee or (14oz) Orange Juice	1 Swipe	Daily 6:30am - 10:30am
Alpine Bagel - Gateway	Choice of (1) Bagel Sandwich-Turkey, Ham, Hummus, Jerry Garcia with (1) Lays Chips and (1) whole fruit. Choice of 1/2 pint milk or (16oz) fountain drink	1 Swipe	Daily 10:30am - Close

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Quiznos	Choice of Small Sub with Chips, Fruit with Medium Fountain Beverage or 1/2 Pint Milk <i>Does not include Limited Time Offers, Prime Rib or Beef Brisket Options</i>	1 Swipe	Daily 10:30am - Close
Quiznos	Choice of Large Sub with Chips, Fruit with Choice of Medium Fountain Beverage or 1/2 Pint Milk <i>Does not include Limited Time Offers, Prime Rib and Beef Brisket</i>	2 Swipes	Daily 10:30am - Close
Hideaway Cafe	(1) Rams on the Run Sandwich or Salad w/ (1) dressing packet; (1) Choice of Small bag Chips or (1 piece) Whole Fruit, Choice of (1) Medium Fountain Beverage or 1/2 Pint Milk	1 Swipe	Daily 10:30am - Close
Hideaway Cafe	(1) Breakfast Sandwich on English Muffin (egg/cheese, egg/ham/cheese or egg/bacon/cheese) with 1 Hash Brown Potato Patty with Choice of 1/2 pint Milk, Medium Drip Coffee or Medium Fountain Beverage	1 Swipe	Daily 7:30am - 10:00am
Hideaway Cafe	(1) Breakfast Pastry or Jumbo Muffin, (1) Whole Fruit, (1) 6 oz Yogurt. Choice of Medium Drip Coffee, Medium Fountain Beverage or 1/2 Pint Milk	1 Swipe	Daily 7:30am - 10:00am
Hideaway Cafe	Two Pizza Slices (Plain or Pepperoni), (1) Whole Fruit, Choice of Medium Fountain Beverage or 1/2 Pint Milk	1 Swipe	Daily 10:30am - Close
Bleecker St. Café	Choice of (1) Cold Sandwich, Choice of Chips, (1) Baby Carrots OR whole Apple. Choice of Medium fountain soda or 1/2 pint of milk	1 Swipe	Daily 11:00am - Close
Bleecker St. Café	Choice of: 1/2 Bleecker St Salad and (Small) Soup. Choice of: (1) Whole apple or (1) baby carrots. Choice of Medium fountain soda or 1/2 pint milk	1 swipe	Daily 11:00am - Close
Cary St Market & Deli	1/4 Chicken (light or dark) 2 (4oz) sides, (1) corn bread muffin. Choice of (1) 12 ounce Canned soda or 16.9 Water	1 Swipe	Daily 10:30am - 9:00pm

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Cary St Market & Deli	(5 ounces) Dijon Meatloaf, 2 (4 oz) sides, (1) cornbread muffin and Choice of (1) 12 ounce Canned Soda or 16.9 Water	1 Swipe	Daily 10:30am - 9:00pm
Cary St Market & Deli	(5 ounce) Rotisserie Eye Round, 2 (4 ounce) sides, (1) Corn Muffin and Choice of (1) 12 ounce Canned Soda or 16.9 Water	1 Swipe	Daily 10:30am - 9:00pm
Cary St Market & Deli	(1) 4-ounce Angus Burger W/Wo Cheese, (1) Regular Fry and Choice of (1) 12 ounce Canned Soda or 16.9 Water	1 Swipe	Daily 10:30am -9:00pm
Cary St Market & Deli	(1 Choice meat) OvenGold Turkey, Buffalo Chicken, Rotisserie RB or Black Forest Ham or Vegetable Wrap and (1Choice) American or Pepper Jack in Flour Tortilla Wrap. Choice of one cold (5 ounce) Side salad. Choice of (1) 12 ounce Canned Soda or 16.9 Water.	1 Swipe	Daily 10:30am -9:00pm
Cabaniss Hall	(1) Fresh Whole Fruit, (2-each) Hard Cooked Eggs, (1)Yoplait Yogurt, (2 slices) Toast or Small Muffin, (1) Hot Beverage and (1) Small Juice	1 Swipe	Monday - Friday 7:30am - 11:00am
Cabaniss Hall	(1) Fresh Whole Fruit, Hot or Cold Cereal w/1/2 Pint Milk, (1) Yoplait Yogurt, (1) Small Muffin, (1) Hot Beverage and (1) Small Juice	1 Swipe	Monday - Friday 7:30am - 11:00am
Cabaniss Hall	(1) Fresh Whole Fruit, (2 Piece) Hot Breakfast Entrée w/ Syrup, (1) Yoplait Yogurt,Choice of 1 Hot Beverage OR Cold Beverage	1 Swipe	Monday - Friday 7:30am - 11:00am
Cabaniss Hall	(1) Rams on the Run Sandwich; (1 bag) Chips; (1) Whole Fruit. Choice of (1) 12 ounce Canned Beverage or 1/2 pint Milk	1 Swipe	Monday - Friday 7:30am - 11:00am