

## Meals

Meals do not carry over from one week to the next, with the exception of plans CF, EF, KF. We can help you decide on the right plan to fit your schedule and eating habits, ensuring that you get the full value for your dollars. Call the Office of Housing and Residence Life at 724-357-2696 or visit our website at [IUP.CampusDish.com](http://IUP.CampusDish.com) for more information.

The meal plan agreement is a TWO - semester contract and specifies that the meals provided are for the contract holder only. Be sure to read the complete meal plan agreement on line at [IUP.CampusDish.com](http://IUP.CampusDish.com).

## Meal Zones

We have four time zones set up that allow only one meal per zone. If you would like to eat more than once during a time zone you may use FLEX, cash, credit or a Guest Pass (at Foster).

## Meal Zones

|            |                      |
|------------|----------------------|
| Breakfast  | 7:00 a.m.-11:00 a.m. |
| Lunch      | 11:00 a.m.-4:00 p.m. |
| Dinner     | 4:00 p.m.-7:30 p.m.  |
| Late Night | 7:30 p.m.-11:00 p.m. |

## FLEX

The balance in your FLEX account carries over from the fall semester to the spring semester. However, at the end of the spring semester, the dining contract is concluded and any remaining FLEX Dollar balance is forfeited.

If you run low on FLEX Dollars...Reload! Simply add to your account with cash, check, money order, or credit card by visiting the Office of Housing and Residence Life at B-31 Clark Hall or by phone at 724-357-2696. You can also add FLEX Dollars to your account on line at [IUP.CampusDish.com](http://IUP.CampusDish.com).

## Meal Plan Changes

You may change your meal plan during the first week of classes each semester. Changes MUST be made in writing to the Office of Housing & Residence Life at B-31 Clark Hall, or e-mail [iup-dining@iup.edu](mailto:iup-dining@iup.edu). REQUESTS SENT TO ANY OTHER OFFICE WILL NOT BE ACCEPTED.

## Need A Job?

The dining service hires more than 450 students each semester to work in the various dining facilities. For more information about available positions or to apply on line, visit our website at [IUP.CampusDish.com](http://IUP.CampusDish.com). Job possibilities include cashier or checker, cleaning tables/floors, food preparation/serving, cleaning dishes, general labor, and student manager.

## Do You Have A Special Diet?

Nutritional information, including fat grams, caloric content, sodium content, and cholesterol level is provided for all menu items in each dining facility and on the web at [IUP.CampusDish.com](http://IUP.CampusDish.com). In addition, each dining location provides low-fat, low-calorie entrees or luncheon meats, salads, yogurt, and other healthy choices.

For students who need to follow specific diets for health reasons, individually prepared meals can be provided. The Nutrition Connection, sponsored by Community Nutrition Services and IUP Campus Dining, has an office in the lobby of Foster Dining Hall. A representative may be contacted to discuss your concerns about healthy eating habits, fitness, weight management, and eating disorders. You can call 724-357-4797 to schedule an appointment.

**Find More Information At:**  
***[IUP.CampusDish.com](http://IUP.CampusDish.com)***

**E-mail: *[IUP-Dining@iup.edu](mailto:IUP-Dining@iup.edu)***

**Phone: 724-357-2696**

**Fax: 724-357-5762**



**EAT. SLEEP. STUDY.**

*Indiana University of Pennsylvania 2007-08  
Frequently Asked Questions*

## Foster Hall Residential Restaurant

Meet your friends for breakfast, lunch, or dinner at our comfortable, all-you-care-to-eat residential dining facility. We are open 7 days a week Monday through Friday, serving breakfast, lunch and dinner. Saturday and Sunday we serve brunch and dinner. Here you will find a wide variety of foods from Mediterranean cuisine, international delights and American favorites. On Monday through Thursdays we treat our guests to spirit lifters like themed buffets, karaoke, and banana splits! You can enter Foster Hall Residential Restaurant using your meal plan, FLEX Dollars, credit and debit card, or by paying cash.

## Folger Food Court

Folger Food Court is home to: Starbucks, Quiznos, JUMP ASIAN, Freshens Smoothies, The Fireplace Brick Oven Pizza, and Home Zone. This is the place to hangout with your friends and grab a quick bite. Utilize your Meal Cash credit at the Fireplace or Home Zone locations (up to \$4.15) and FLEX dollars, credit and debit card, or by paying cash at JUMP Asian, Quiznos®, Starbucks® and our Grab and Go section. Folger Food Court is also the Home of IUP WING NIGHTS!

## THE HUB ROCK II

Conveniently located next to the Hadley Recreation Center, The HUB ROCK II offers fast, friendly service, convenience, and variety. The HUB ROCK II houses Zoca (our Mexican experience), Bagel Works, Tuscan Market, Grille Works, Salad Garden, and Chick-fil-A. Meal Cash Credit (up to \$4.15) is accepted at Bagel Works, Tuscan Market, Grille Works, and Salad Garden.

## Punxsutawney Dining Hall

Punxsutawney offers the same great meal plans that are offered on the main campus. We offer meal deals, Grab and Go items, and convenience items. Meal Plan swipes and our \$4.15 Meal Cash Credit are accepted at Punxsutawney.

## Coffee

Recharge with a full range of delicious and aromatic coffees and espresso beverages, light snacks, and desserts that await you at our Starbucks® and three Java City locations! Get your caffeine buzz on demand or just drop into the waiting arms of a big comfy couch while you enjoy wireless Internet access as rich coffee aromas and the scent of baked goodies waft through the air.

## Convenience Locations

They're not called Convenience locations for nothing. Stop by one of our on-campus express kiosks to grab a snack like pretzels, chips, or candy. Running low on soap or shampoo? Not a problem - we've got that, too, at our Shafer Hall convenience store.

# Living On Campus? Close To Campus? Come Dine With Us!

## Choosing a Meal Plan

Your eating habits as well as the type of food you like can help you determine the best plan for you.

If you plan to eat most meals in Foster Residential Dining Hall, an all-you-care-to-eat dining facility, the AF (any 19 meals/week plus \$100 FLEX), B (any 14 meals/week), or BF (any 14 meals/week plus \$150 FLEX) plans are your best choices.

If you prefer to eat in a facility such as Folger and the HUB, where items are more “grab’n go,” your best choice is one of our block plans. Block plans allow you to eat a different amount of meals per week depending on your schedule—this way you are not losing meals if you are extremely busy. Our block plans are CF (any 165 meals/semester plus \$150 FLEX) or KF (any 125 meals/semester plus \$200 FLEX). These plans provide the most flexibility.

## FLEX

In all cases, FLEX Dollars expand your dining options especially if you plan to use the retail operations. FLEX is a declining balance account that is separate from meal plan – it’s easier than carrying cash or another card. You can open a separate FLEX plan with a \$50 minimum deposit and you may add to that plan, or to your existing FLEX plan, at any time during the semester.

## Guest Passes

Each of our meal plans includes five free Guest Passes to be used for breakfast, brunch, lunch or dinner at Foster Residential Dining Hall. As always, you may also use your FLEX to treat a family member or friend at any time.

## Our Plans

### Plan AF

19 Meals per week  
\$100 FLEX dollars per semester

### Plan BF

14 Meals per week  
\$150 FLEX dollars per semester

### Plan B

14 Meals per week

### Plan DF

10 Meals per week  
\$200 FLEX dollars per semester

### Plan CF

165 Meals per semester  
\$150 FLEX dollars per semester

### Plan KF

125 Meals per semester  
\$200 FLEX dollars per semester

## Campus Dining Facilities

