



**PACA & TUBMAN  
HOUSES**

## ***Choosing a Meal Plan***

A guide to choosing a meal plan when living with Paca & Tubman!

**CHOOSING A MEAL PLAN CAN BE HARD WORK! LET US GIVE  
YOU A HAND.**

**MEAL PLANS ARE NOT REQUIRED WHEN LIVING IN CAPSTONE  
PROPERTIES. FOR THIS REASON, YOU CAN CHOOSE ANY MEAL  
PLAN THE UNIVERSITY OFFERS! LET US HELP YOU NAVIGATE  
YOUR CHOICES.**

**\*\*NOTE: MEAL PLANS ARE NOT AVAILABLE THROUGH CAPSTONE. THEY MUST BE  
PURCHASED THROUGH TOWSON UNIVERSITY'S DINING SERVICES\*\***

***(2017-2018 Academic Year)***

# Choosing a Meal Plan

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## Flex Plans:

### **PICK A PLAN FOR YOUR NEEDS: FLEX DINING PLANS**

More than one meal can be used in a meal period.

Meals must be used in a one week period or you will lose them.

Good for one semester only.

- **Unlimited Meals per week with \$50 in Dining Points \$2985**
- **19 Meals per week with \$50 in Dining Points \$2780**
- **14 Meals per week with \$50 in Dining Points \$2600**
- **10 Meals per week with \$50 in Dining Points \$2270**

**(Please note:** Flex dining plans will NOT carry over from week to week. Meals start on Friday mornings and end on Thursday nights. Each meal plan also comes with 4 free guest passes which can be used at any 'Dining Hall' location.)

## Block Plans:

BLOCK PLANS: Good through the fall and spring semesters

- **100 Meals with \$75 in Dining Points \$1020**
- **75 Meals with \$75 in Dining Points \$825**
- **50 Meals with \$75 in Dining Points \$600**
- **25 Meals with \$75 in Dining Points \$365**

**(Please note:** Block dining plans are for the entire academic year. Meals not used in the fall semester can be used by the end of the spring semester. No meals are lost in a one-week period. If you use all your meals before the end of the year you can buy another Block Plan.)

[Need to sign-up for a meal plan? Click here!](#)

- [Unsure of what meal plan to sign up for? Click here to take a survey that will guide you towards the perfect meal plan for you!](#)
- [Click here for Dining Hall & Al La Carte hours.](#)
- [Click here to see how many meals, dining points, or retail points are available on your onecard. You may also edit/add to your meal plan here.](#)

## Daily Meal Deals!

# Daily Meal Deals

**YUM!**

**MON**

**TUES**

**WED**

**THUR**

**FRI**

**SUSQ**

Cheese Pizza  
Asparagus Roll & Fruit  
Turkey BLT & chips/fruit  
Mama Maria Salad  
Outtakes Small Caesar Salad & fruit  
Grilled Chicken Sandwich & chips/fruit  
1/4lb Cheeseburger & chips/fruit

Sausage Pizza  
Crab Salad Roll  
Tuna Salad Sandwich & chips/fruit  
Veggie Delight Salad  
Outtakes Chicken Ceaser Wrap/fruit  
Chicken Cheese Steak & chips/fruit  
1/4lb Cheeseburger & chips/fruit

Chicken Pizza  
Cucumber Roll & Fruit  
Chicken Salad Sandwich & fruit/chips  
Mediterranean Salad  
Outtakes Small Chef Salad & Fruit  
Turkey Burger & chips/fruit  
1/4lb Cheeseburger & chips/fruit

Pepperoni Pizza  
California Roll  
Peppered Bacon BLT & chips/fruit  
Romano Salad  
Outtakes PB&J & 2 pieces of fruit  
Chicken cheeseburger & chips/fruit  
1/4lb Cheeseburger & chips/fruit

Veggie Pizza  
Avocado Roll & Fruit  
Chutney Chicken Sandwich & fruit/chips  
Mexi-Cali Salad  
Outtakes Small Garden Salad & Fruit  
Philly Cheesestakes & chips/fruit  
1/4lb Cheeseburger & chips/fruit

**PTUX**

Rice Bowl w/Chicken  
Meatball & Marinara & breadstick  
Buffalo Panini & Chips/fruit  
Chicken Stirfry

Beef Burrito  
Honey Mustard Grilled Chicken Wrap  
& chips/fruit  
Bourbon Chicken & Rice

3 Soft Shell Beef tacos  
Vegetable Primavera  
Venice Panini & chips/fruit  
Lemon Chicken & Rice

Chicken Quesadilla  
Chicken with 1 vegetable, Rose Sauce  
& breadstick  
Buffalo Panini & chips/fruit  
Beef Stirfry

Chicken Burrito  
Chicken Alfredo & breadstick  
Honey Mustard Crispy Chicken Wrap  
& chips/fruit  
Bourbon Chicken & Rice

**DEN**

Chopped & Wrapped: Large Salad  
3 toppings  
Mangiano: Meatball Sub  
Fusions Grill: 3 Hard or Soft Tacos

Chopped & Wrapped: Small Caesar  
Salad w/ Chicken  
Mangiano: 2 Slices Cheese Pizza  
Fusions Grill: 6" Cheeseburger  
Sub & Chips/Fruit

Chopped & Wrapped: Small Salad  
3 Toppings, Small Soup  
Mangiano: Pasta & Sauce & Breadstick  
Fusions Grill: French Connection  
Grilled Cheese & Chips/Fruit

Chopped & Wrapped: Small Salad  
With Beef  
Mangiano: 1 Specialty Slice  
& Vegetable du jour  
Fusions Grill: 6" Cheesesteak  
& Chips/Fruit

Chopped & Wrapped: Small Salad  
3 Toppings, Small Soup  
Mangiano: 2 Slices Chees Pizza  
Fusions Grill: 6" Fish Sub & Chips

All Meal Deals come with your choice of fountain beverage.  
All chips are homemade chips. All fruit is 1 piece of whole fruit.  
Meal Deals are for meal plan participants only at 1 meal exchange, no cash value.

FOR INFORMATION ON SIGNING-UP FOR A MEAL PLAN VISIT  
[TOWSON.EDU/DINING](http://TOWSON.EDU/DINING) OR CALL 410.704.5409

# Meal Cash Allowance

*(Meals = Dining Points)*

**WANT TO OCCASIONALLY DINE IN A RETAIL LOCATION? MEALS HAVE A CASH VALUE SO YOU CAN PAY FOR FOOD IN ALL A-LA-CARTE LOCATIONS!**

- If you choose to spend your meals somewhere other than the dining halls, you may ‘exchange’ your meal for a cash value at any of the a-la-carte locations. The cash allowance amount is \$6.00 during all meal periods.
- **For example:** If you were to go to the Susquehanna Food Court during lunch hours and get a slice of pizza, salad and a soda and for a total of \$6.59, you have the option to pay with meals or points. After using one meal (worth \$6.00), you would still owe \$.59 which you can then pay in points. You also have the option of using another meal or cash to make up the difference.
- **Please note:** Unlimited meal plan users will be allotted 1 meal per day to exchange - these meals will not roll over. Let the cashier know at the time of transaction how you choose to pay: using meals, points or cash.

<b>Meal Period Cash Equivalency</b>	
Breakfast (7-11am)	1 meal swipe = \$6.00
Lunch (11am-4:15pm)	1 meal swipe = \$6.00
Dinner (4:15-11:30pm)	1 meal swipe = \$6.00

**\*\*MEALS ARE NOT ACCEPTED AT PAWS FROM 10:30 A.M - 4:30 P.M  
(FRIDAYS 10:30 A.M - 3 P.M) OR STARBUCKS FROM 8 A.M - 4:15 P.M\*\***