

# MEAL PLAN OPTIONS FOR STUDENTS LIVING IN PACA/TUBMAN

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Meal plans are **NOT** offered by Capstone and residents will the option to purchase one through Towson Dining Services. Students have the option to purchase a **meal plan, block plan, or no meal plan** as a resident of Capstone

## 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 \$2876
- 19 Meals per week with \$50 in Dining Points \$2676
- 14 Meals per week with \$50 in Dining Points \$2503 (Student Favorite!)
- 10 Meals per week with \$50 in Dining Points \$2186
- 5 Meals per week with \$200 in Dining Points \$1185 (Senior residents and Commuters only)

(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 5 guest passes which can be used at any “Dining Hall” location)

BLOCK PLANS: Good through the fall and spring semesters

- **100 Meals with \$75 in Dining Points \$985**
- **75 Meals with \$75 in Dining Points \$795**
- **50 Meals with \$75 in Dining Points \$579**
- **25 Meals with \$75 in Dining Points \$352**

(Please note: Block dining plans are for the entire semester)

To sign up for a meal plan visit [How to sign up for a meal plan](#)

[Click Here](#) for Dining Hall & Al la carte hours

To see how many meals, dining points, or retail points are available on Onecard [click here](#)

## **Retail Points**

How do they work?

Retail points are not included in the students dining plan and can be loaded onto the students Onecard.

**Use your retail points at these locations:**

### **ON CAMPUS LOCATIONS:**

Art Services  
Auxiliary Services Business Office  
Center for the Arts Box Office  
Copies Plus  
Dowell Health Center  
Laundry Machines  
Printing Services  
University Store  
Vending Machines  
WEPA Print Stations

# 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.

All you have to do is tell the cashier at the time of transaction how you choose to pay: using meals, points or cash.

MEAL PERIOD	CASH EQUIVALENCY
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**

# Daily Meal Deals

YUM!

MON

TUES

WED

THUR

FRI

SUSQ

2 Slices of 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

Slice of Sausage Pizza & Fruit  
Crab Salad Roll  
Tuna Salad Sandwich & chips/fruit  
Veggie Delight Salad  
Outtakes Chicken Ceaser Wrap/fruit  
BB Burger Sub & chips/fruit  
1/4lb Cheeseburger & chips/fruit

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

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

Slice of Cheese and Cinnamon Stick  
Avocado Roll & Fruit  
Sopressata 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  
Chicken, Broccoli Alfredo & breadstick  
Venice Panini & chips/fruit  
Bourbon Chicken & Rice

3 Soft Shell Beef tacos  
Vegetable Primavera  
Garden Veggie 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  
Venice Panini & chips/fruit  
Bourbon Chicken & Rice

DEN

Black Jack Ham & chips/fruit  
3 Hard or Soft Tacos  
Meatball Sub

Italian Stack & chips/fruit  
6" Cheesesteak & chips/fruit  
2 slices of cheese pizza

Roasted Chicken Salad & chips/fruit  
Pasta and Sauce & breadstick  
French Connection Grilled Cheese  
& chips/fruit

BLT & chips/fruit  
6" Cheeseburger Sub & chips/fruit  
1 Specialty pizza slice & vegetable du jour

Tuna Salad & chips/fruit  
6" Fish Sub & Chips  
2 Slices of Cheese Pizza

ROADSIDE  
BBQ  
(WVC)

Pit Turkey Sandwich with  
Baked Beans

Turkey Burger wit Cheese  
with Mac n' Cheese

Pulled Pork Sandwiches  
with Coleslaw

Cheese BBO Melt

Veggie Burger  
with sweet potato fries

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