

**We heard you, Sage Albany Residents...**

**...look what's new in Spring 2012!**

# **Meal Exchange Program Replaces Equivalency Meals**

*Combo Your Way - Healthy or Fun Foods - Your Choice*  
*The Privilege of "Just A Swipe"*

## **Selecting My Meal Plan**

**19 Meals Per Week**  
+ \$50 Bonus Dollars  
+ \$50 Community Dollars Per Semester

Great for residents spending weekends on campus .  
One meal in each zone every day!

**12 Meals Per Week**  
+ \$125 Bonus Dollars  
+ \$50 Community Dollars Per Semester

Great for residents who sometimes go home on the weekends or work off campus.

**150 Meals Per Smstr.**  
\$350 Bonus Dollars  
+ \$50 Community Dollars Per Semester

Great for residents who some days eat heavy, but on others not at all!  
(avg. 10 meals per week)

## **Kahl Campus Center Café**

**Breakfast**  
Monday - Friday  
7:30 a.m. – 11:00 a.m.

**Pick 5**  
Beverage + Entrée  
+ 3 Sides

**Lunch & Brunch**  
Monday - Friday  
11:01 a.m. – 4:00 p.m.  
(Weekends & Holidays 10:30am – 4:00pm)

**Pick 5**  
Beverage + Entrée  
+ 2 Sides  
+ Fruit/ Dessert

**Dinner**  
7 Days a Week  
4:01 p.m. – close

**Pick 6**  
Beverage + Entrée  
+ 3 Sides  
+ Fruit/ Dessert

**Tip: Use Express Swipe Station to avoid the line!**  
*If making additional purchase, ex. meal for a guest, bottle beverage, retail snacks, please, go through the full register. Your "meal exchange" will still be one price; you just have to pay for your other items!*



**In the mood for Pizza Hut™? You can have that!**  
*Your meal swipe will be worth \$7.25 at the register for Pizza Hut purchases. (Combo Healthy available)*

## **Hazel's Library Cafe**

**Any Time**

**Pick 3**  
Beverage + Entrée  
+ 1 Side/ Dessert  
(see signs for options)

**Tip: Additional information can be found online!**

**Meal Plan 101 – Pick the Right Plan!**

- 19 & 12 plans get 1 swipe in any meal zone. Meals reset before breakfast on Friday
- Block 150 & 75 can use meals at any time (keep track) meals reset at end of semester.
- Meals may not be used for guest purchases
- Bonus Dollars may be used anywhere on campus for snacks, extras & guests!

**MEAL PLANS CAN BE CHANGED UNTIL THE FIRST FRIDAY OF THE SEMESTER IN CAMPUS LIFE**



# Meal Exchange How To Guide!

Combo Your Way - Healthy or Fun Foods - Your Choice  
The Privilege of "Just A Swipe"

Kahl Campus  
Center Café

## Breakfast

Monday - Friday  
7:30 a.m. – 11:00 a.m.

### Pick 5

Beverage + Entrée  
+ 3 Sides

## Lunch & Brunch

Monday - Friday  
11:01 a.m. – 4:00 p.m.  
(Weekends & Holidays 10:30am – 4:00pm)

### Pick 5

Beverage + Entrée  
+ 2 Sides  
+ Fruit/ Dessert

## Dinner

7 Days a Week  
4:01 p.m. – close

### Pick 6

Beverage + Entrée  
+ 3 Sides  
+ Fruit/ Dessert

### Tip: Use Express Swipe Station to avoid the line!

*If making additional purchase, ex. meal for a guest, bottle beverage, retail snacks, please, go through the full register. Your "meal exchange" will still be one price; you just have to pay for your other items!*

Selecting My Meal

## BEVERAGES

16 oz. Milk or 1 Silk  
16 oz. Soda or Juice  
16 oz. Fresh Ice Tea  
16 oz. Infused Water  
16 oz. Coffee or Tea  
16 oz. Cappuccino  
16 oz. Cocoa

## DESSERT

Whole Fruit  
Small Cut Fruit Cup  
Mini Yogurt Parfait  
Jello or Pudding Cup  
Cookies or Brownie  
Ice Cream Cup/Sandwich  
Dessert Du Jour

## ENTREES

### Breakfast:

Sunrise Sandwiches  
Eggs & Omelets  
Pancakes  
French Toast/Sticks  
Belgian Waffles  
Cereal & Milk  
Large Cut Fruit Plate  
Hot Cereal Bar  
Toast & Condiments  
Bagel & Toppings  
Pastry or Muffin

### Lunch & Dinner:

Cereal & Milk  
Toast & Condiments  
Bagel & Toppings  
Grill Sandwich  
Quesadilla  
6" Sub or Sandwich  
Panini Sandwich  
Large Salad Bar  
12 oz. Soup  
Large Pasta & Sauce  
World Affairs Specials  
"Hot Spot" Specials

## SIDES

### Breakfast:

Pastry or Toast  
Bacon or Sausage  
Fried Potatoes  
Yogurt with Granola  
Cottage Cheese  
Mini Yogurt Parfaits  
Small Cut Fruit Bowl  
Hot Cereal Bar  
Toast & Condiments  
Bagel & Toppings  
Pastry or Muffin  
Whole Fresh Fruit

### Lunch & Dinner:

8 oz. Soup  
Side Salad Bar (see sign)  
French Fries  
Yogurt with Granola  
Cottage Cheese  
Mini Yogurt Parfaits  
Small Cut Fruit Cup  
Small Veggie Cup  
Mini Yogurt Parfaits  
Small Deli Side Salad  
Small Potato Chips  
Small Pasta & Sauce  
World Affairs Sides  
World Affairs Vegetables  
Whole Fresh Fruit

### Tip: Mix & Match!

*No Need to pick your whole meal at one station!*

Want Pizza Hut™?

You can have that!

meal swipe = \$7.25

at the register for  
Pizza Hut™

Express Swipe

Not Available for PHE