Find Your Fit

For terms and conditions, go to odu.edu/dining. Email Monarch Dining at dining@odu.edu and see policies for potential meal plan change costs.

*Please monitor academic calender for changes.

Don’t Miss These Dates!

FALL 2020

AUG 8
MEAL PLANS BEGIN
FOR FALL SEMESTER

AUG 23
LAST DAY TO CHANGE
FALL MEAL PLAN

Stay up to date through email communications! Sign up on our dining homepage at odu.edu/dining

Let's stay in touch! Join to learn more!

* = Required Fields

Email Address *

First Name

Last Name

SIGN UP FOR A MEAL PLAN TODAY AT CARDCENTER.ODU.EDU
Ace Your Appetite

College can be demanding, so your meal plan should be effortless and on your schedule.

Know Your Perks

ALL-YOU-CARE-TO-EAT
Your appetite will meet its match at our Broderick Dining Commons location, which serve only the best in variety and value.

ON-THE-GO
We know the struggle of balancing everything and getting a good meal. That’s why we offer the best quality and convenience in our dining locations, national brands, and micromarkets.

Dining location information and hours of service are available at odu.edu/dining.

MEAL SWIPES
Meal Swipes are used to get into the all-you-care-to-eat dining halls and come with all meal plans.

MEAL EXCHANGE
Meal Exchanges can be used to purchase meals at most campus food venues beyond the dining halls.

FLEX POINTS
Flex Points are included with your meal plan to be used at all locations.

GUEST MEALS
Guest Meals can be used to treat friends or family to a meal in the dining hall.
TO ENSURE SUSTENANCE FITS INTO YOUR SCHEDULE:

- Late night hours ensure you can get the fuel you need to tackle tomorrow’s challenges.

Broderick Dining Commons provides a range of delicious and healthy options with meal plans that nourish your campus experience.
Monarch Dining’s Commitment

Good nutrition is essential to good health. That’s why at Monarch Dining, we’re committed to nourishing each and every student through healthy, nutritious food options. Our daily offerings allow you to build a balanced meal around fruits, vegetables, lean meats, grains and low-fat dairy. With educational nutrition events throughout the year, Monarch Dining also gives you the skills and knowledge necessary to lead a healthy lifestyle, both during your time at ODU and beyond.

REGISTERED DIETITIAN

Tracy Conder, RD
tconder@odu.edu
SHS Health Promotion
1525 North Webb Center

Our Registered Dietitian, Tracy, is an on-campus resource for you. Tracy is available to meet one-on-one with students about food allergies, dietary restrictions and overall nutrition and healthy eating on campus.

MEDICAL & RELIGIOUS DIETARY RESTRICTIONS

Our dining team is available to assist with a wide range of food-related medical conditions. Religious dietary restrictions such as halal and Kosher can be accommodated as well. Email odu.edu/dining for chef manager consultation.

FIND THE FOOD THAT FITS YOUR LIFE

Brightly-colored, leaf-shaped icons on our website and menu boards make better-for-you choices easy to find. It’s a simple way to find the food that can help you be Healthy for Life®
ALL FOR YOU
Your satisfaction is our highest priority. Through creating a student-focused culture personalized with special events, tastings, themed menus, and cooking demos, we foster a connected campus community.

ONLY THE BEST
Fresh, sustainable, local, and organic are just a few of the quality indicators you’ll find served up every day in our chef-inspired, on-trend menus that always feature vegan, vegetarian, and gluten-free options.

More to Explore
We consider our diners family and continuously look for new ways to ensure their experience is memorable.

SPECIAL EVENTS
Our calendar is always bursting with student-focused events that bring the campus community together.

SUSTAINABILITY
We strive to minimize our environmental impact and create opportunities for students to join in our efforts.

NUTRITION
Our chefs and registered dietitian are trained and eager to assist with any dietary restrictions or concerns each student may have. Our registered dietitian also hosts monthly nutrition events.