Find Your Fit

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>AVG. MEALS</th>
<th>MEAL EXCHANGES</th>
<th>FLEX POINTS</th>
<th>GUEST MEALS</th>
<th>PRICE PER SEMESTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEKLY 21</td>
<td>21 PER WEEK</td>
<td>5 PER WEEK PREMIUM</td>
<td>$250</td>
<td>USE ALLOCATED MEAL EXCHANGES PER WEEK</td>
<td>$2,649</td>
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<tr>
<td>FORMERLY KNOWN AS ALL-ACCESS</td>
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<tr>
<td>WEEKLY 10</td>
<td>10 PER WEEK</td>
<td>STANDARD</td>
<td>$550</td>
<td>USE ALLOCATED MEAL EXCHANGES PER WEEK</td>
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<td>FORMERLY KNOWN AS BLOCK 160</td>
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<tr>
<td>BLOCK 80</td>
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<td>STANDARD</td>
<td>$400</td>
<td>USE ALLOCATED MEAL EXCHANGES PER SEMESTER</td>
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<td>BLOCK 50</td>
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<td>STANDARD</td>
<td>$300</td>
<td>USE ALLOCATED MEAL EXCHANGES PER SEMESTER</td>
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<tr>
<td>COMMUTER 10</td>
<td>1-2 PER WEEK</td>
<td>STANDARD</td>
<td>$200</td>
<td>USE ALLOCATED MEAL EXCHANGES PER SEMESTER</td>
<td>$325</td>
</tr>
</tbody>
</table>

• Any student who does not live in On-Campus Housing is eligible to purchase the Commuter 10 Meal Plan.
• A commuter student is able to purchase any meal plan.

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

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 * Example: name@domain.com
First Name
Last Name

*Please monitor academic calendar for changes.

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.

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

**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.

**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.
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®

VEGETARIAN    VEGAN    eat WELL    made with WHOLE GRAINS
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.

OLD DOMINION UNIVERSITY
Broderick Dining Commons

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.