

MEAL PLAN MEAL PERIODS

MONDAY		
MEAL PERIOD	TIME	MAXIMUM MEALS (SWIPES/EXCHANGES)
1) Breakfast	12am-10:30am	* Use up to 3
2) Lunch	10:30am-4pm	* Use up to 3
3) Dinner	4pm-12am	* Use up to 3

TUESDAY		
MEAL PERIOD	TIME	MAXIMUM MEALS (SWIPES/EXCHANGES)
1) Breakfast	12am-10:30am	* Use up to 3
2) Lunch	10:30am-4pm	* Use up to 3
3) Dinner	4pm-12am	* Use up to 3

WEDNESDAY		
MEAL PERIOD	TIME	MAXIMUM MEALS (SWIPES/EXCHANGES)
1) Breakfast	12am-10:30am	* Use up to 3
2) Lunch	10:30am-4pm	* Use up to 3
3) Dinner	4pm-12am	* Use up to 3

THURSDAY		
MEAL PERIOD	TIME	MAXIMUM MEALS (SWIPES/EXCHANGES)
1) Breakfast	12am-10:30am	* Use up to 3
2) Lunch	10:30am-4pm	* Use up to 3
3) Dinner	4pm-12am	* Use up to 3

FRIDAY		
MEAL PERIOD	TIME	MAXIMUM MEALS (SWIPES/EXCHANGES)
1) Breakfast	12am-10:30am	* Use up to 3
2) Lunch	10:30am-4pm	* Use up to 3
3) Dinner	4pm-12am	* Use up to 3

SATURDAY		
MEAL PERIOD	TIME	MAXIMUM MEALS (SWIPES/EXCHANGES)
1) Breakfast	12am-10:30am	* Use up to 3
2) Lunch	10:30am-4pm	* Use up to 3
3) Dinner	4pm-12am	* Use up to 3

SUNDAY		
MEAL PERIOD	TIME	MAXIMUM MEALS (SWIPES/EXCHANGES)
1) Breakfast	12am-10:30am	* Use up to 3
2) Lunch	10:30am-4pm	* Use up to 3
3) Dinner	4pm-12am	* Use up to 3

* For the security of the meal plan holder's account, the maximum number of meal swipes/exchanges used per meal period is 3.