

Traditional Meal Plans

Wondering which meal plan to choose?

This chart helps tell the differences so that you can choose the best available option for you.

For new, first time residential students, the two options are: the Deluxe Block 300 and the Basic 19.
With more years of achievement, more options become available to you.

In order to decide the right plan for you, please consider the amount of structure or flexibility you prefer.

- For example, the Deluxe Block 300 offers flexibility as multiple meal swipes can be used throughout the day, but you have to track the total number of meals used throughout the semester.
- By contrast, the Basic 19 assures you that you will have meals throughout the semester, but there is less flexibility for the time periods when the meal plan can be used.

	Deluxe Block 300	Basic 19
What is the cost per semester?	\$2,349*	\$2,099*
How many meals are included?	300 per semester	19 per week + 8 bonus meals
How many Dining Dollars are included?	\$200	\$0
Does the meals on the plan carry over from one week to the next?	Yes, until the 300 meals are used or the end of the semester, whichever comes first.	No, unused meals are forfeited at the end of Saturday meal times.
Can be used in the Dining Hall?	Yes	Yes
Can be used in the Ram’s Den, Fireside Bistro, and the Wellness Center	Yes as a “meal transfer.”	Yes as a “meal transfer.”
Is this plan available to all residents?	Yes	Yes
How many meals can be used during each meal period?	Multiple	One per meal period

Meal Transfers

2016-17

- During the “meal transfer times,” a meal can be applied as a specified dollar value to purchase food in our Wellness and Student Center retail food locations. For example, in 2015-16, breakfast had a \$4.95 value and lunch and dinner had a \$6.15 value
- Dining dollars can be used at any time and a 5% discount is applied.
- **Questions? Email residencelife@shepherd.edu or call (304) 876-5172**

Meal Plan Request:

Name: _____

Phone #: _____

Email address: _____

ID Number: _____

I would like to request the following meal plan (contingent on my eligibility for the plan)

Deluxe Block 300 Basic 19

Signature: _____

Date _____

Current Hours of Operation:

Dining Hall (*located on East Campus near Kenamond and Turner Halls*):

- Breakfast -- 7:15 a.m. to 10:00 a.m. (M-F); Continental 10:00 a.m. to 11:00 a.m. (M-F)
- Brunch -- 11:00 a.m. to 3:00 p.m. (Sa/Su; w/continental 9:00 a.m. to 11:00 a.m.)
- Lunch -- 11:00 a.m. to 3:00 p.m. (M-F); Soup, Salad, Pizza 3:00 p.m. to 4:00 p.m. (M-F)
- Dinner -- 4:00 p.m. to 8:00 p.m. (M-Th); Dinner 4:00 p.m. to 7:30 p.m. (F-Su)

Ram's Den (*located in the Student Center*):

- Monday to Thursday -- 7:00 a.m. to 9:00 p.m.
- Friday -- 7:00 a.m. to 3:00 p.m.

Fireside Bistro (*located in the Student Center*):

- Monday to Thursday -- 7:00 a.m. to 10:00 p.m.
- Friday -- 7:00 a.m. to 4:00 p.m.

Wellness Café (*located in the Wellness Center*):

- Monday to Thursday -- 7:00 a.m. to 8:00 p.m.
- Friday -- 7:00 a.m. to 7:00 p.m.
- Saturday -- noon to 7:00 p.m.
- Sunday -- closed

Ram Mart (*Convenience store located in Boteler Hall of West Woods Suites*):

- Sunday to Thursday – 5:00 p.m. to midnight

Meal Transfer Times and Rates:

- Students with the Basic 19 or Flex 15 meal plans can use their meal plans only once during each meal period (breakfast, lunch, or dinner).
- During the “meal transfer times,” the meal can be used in our Wellness Center and Student Center (Ram’s Den and Bistro) retail food locations during the times listed below.
- “Meal transfer” funds cannot be applied to packaged items, such as bottled drinks.
- The Ram Mart accepts dining dollars, cash, and credit but not “meal transfer.”
- Dining dollars can be used at any time.

Breakfast -- transfer value \$4.95

Available 7:00 a.m. to 10:30 a.m.

Lunch -- transfer value \$6.15

Available 12:00 p.m. to 3:30 p.m.

Dinner -- transfer value \$6.15

Available 4:00 p.m. to closing

Examples of Meal Transfer:

- A student who orders breakfast from the Wellness Center between 7:00 a.m. and 10:30 a.m., can spend up to \$4.85 and it will count as one meal use.
- A student who orders a breakfast from the Wellness Center between 7:00 a.m. and 10:30 a.m. at a cost of \$6.00 can use \$4.85 from the meal plan transfer amount, and then use cash or dining dollars to cover the remaining \$1.15 balance