MEAL PLANS

HOW DOES MY MEAL PLAN WORK?

Meal plan account information is encoded directly onto your University ID. Present the UChicago Card to the cashier for entry into a Dining Commons, and enjoy all-you-care-to-eat dining from open til close. Except in the case of the Unlimited Meal Plan, each visit deducts one meal from the meal plan total. Due to the flexibility of the meal plan, food other than ice cream, cookie, or hand fruit may not be removed. Also, due to food safety guidelines, food that has been prepared elsewhere is not permitted to be brought into the Dining Commons.

MEAL PLANS

Purchase online at: https://dining.uchicago.edu/

SCAN TO LEARN MORE

MEALS PLAN OPTIONS

<table>
<thead>
<tr>
<th>Plan</th>
<th>Details</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unlimited</td>
<td>An unlimited number of visits to the Dining Commons, 100 Maroon Dollars per quarter, 3 meal exchanges per quarter, 5 guest swipes per quarter and Saturday Night Meal Swipes. This plan can be purchased at any time during the quarter.</td>
<td>$2,376/quarter</td>
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<tr>
<td>Phoenix</td>
<td>150 visits to the Dining Commons per quarter (about two meals per day), 150 Maroon Dollars per quarter, 15 meal exchanges per quarter (taken from a total of 150 meals), 5 guest swipes per quarter and Saturday Night Meal Swipes. This plan can be purchased at any time during the quarter.</td>
<td>$2,376/quarter</td>
</tr>
<tr>
<td>Apartment</td>
<td>90 visits to the Dining Commons per quarter (about one meal per day), 200 Maroon Dollars per quarter, 8 meal exchanges per quarter (taken from a total of 90 meals), 5 guest swipes per quarter and Saturday Night Meal Swipes. This plan can be purchased at any time during the quarter.</td>
<td>$1,684/quarter</td>
</tr>
</tbody>
</table>

Meal Exchange

The meal exchange program allows you to use a select number of your meal swipes on a combo meal at the campus cafes, campus markets or Hutchinson Commons. The meal will be deducted from your total number of meals, rather than from your Maroon Dollar balance, based on how many meal exchanges come with your plan. Meal exchanges may be used only once per meal period, and expire at the end of each quarter.

Maroon Dollars

Maroon Dollars allow students, faculty, and staff to use their University IDs like a debit card at any Dining locations and most cafés and markets on campus. Each time you make a purchase with Maroon Dollars, money will be subtracted from your personal account. One Maroon Dollar is equivalent to $1.

Guest Swipes

Guest Swipes are for you to treat a guest to a meal in any of the Dining Commons. Student must be present and dine with their guest.
INCLUSIVE DINING
FOOD ALLERGIES & SPECIAL DIETARY NEEDS

UChicago Dining offers a considerable number of menu options for a variety of dietary needs and lifestyles. Our chefs focus on preparing meals from scratch, meaning we know what’s going into our food, and can provide critical ingredient and nutrition information.

We also have options for those who choose to eat according to their religious beliefs, including kosher kitchens and complete halal stations at all four Dining Commons, which respectively meet Chicago Rabbinical Council and Ifanca certification. If a student chooses to eat vegetarian or vegan, UChicago Dining offers daily rotating selections at the Rooted stations, which can be found in all four Dining Commons.

Peanuts and tree nuts are never brought into any of UChicago Dining’s kitchens. Additionally, we provide an allergen safe and an Avoiding Gluten station, at every dining facility called Pure Eats.

PURE EATS
WHAT IS PURE EATS?

Pure Eats stations feature food that is simply prepared, seasoned and served by a trained culinary professional. These meals avoid gluten and the top eight food allergens: peanuts, tree nuts with the exception of coconut, fish, shellfish, wheat, soy, eggs, and dairy. Pure Eats is located at all our residential Dining Commons (Woodlawn, Baker, Cathey, and Bartlett).

Avoiding Gluten pantry contains a separate toaster, waffle iron, refrigerator, and Avoiding Gluten items such as breads, cereals, waffle mix, and spreads. The Avoiding Gluten pantry is available at all residential dining locations.

MEET YOUR DIETITIAN
INDIVIDUALIZED NUTRITION COUNSELING

UChicago Dining provides complimentary nutrition, dietary, and allergy-related food counseling so all UChicago students can meet their food goals and eat with peace of mind. UChicago Dining provides free counseling for students in areas such as:

- Healthy and Mindful Eating
- Nutrition and Fitness
- Vegetarian and Vegan Nutrition

Sheree Ledwell, UChicago’s campus registered dietitian, takes an individualized approach to nutrition and wellness. She is committed to helping students feel confident in their food choices and build a healthy relationship with food. Contact Sheree at dining-dietitian@uchicago.edu.

MORE INFORMATION
View daily menu information online at https://dining.uchicago.edu under the “Menus & Locations” tab, or download the Dine On Campus App.
DINING APPS

DINE ON CAMPUS APP

The Dine On Campus smartphone app is an all-in-one resource that provides UChicago Dining guests with nutrition and allergy information, dining hours, menus, café menu promotional sales, special events programming, and more. The app also allows UChicago community members to offer feedback on Dining Commons, menus, and operations.

To take advantage of the Dine On Campus app, simply go to your smartphone’s app store or marketplace, install the application, click “More,” then “My Profile,” followed by “Create an Account,” and follow the on-screen instructions to create a unique UChicago Dine On Campus account.

WAYS TO LEARN LIFE SKILLS

TEACHING KITCHEN

What better way to learn how to cook than from chefs themselves? UChicago students can hone their kitchen skills when they enroll in a chef-led cooking class. Learn how to make quick pickles, caramelize onions, or braise a rack of short ribs so you can add exciting new flavors to your meals at home. Other areas of focus in UChicago’s teaching kitchen include nutrition, meal planning and budgeting, and mindful food choices for guests.

UChicago’s teaching kitchens are located throughout campus. To find out more about teaching kitchen opportunities, download the Dine On Campus app and follow UChicago Dining on social media @UChicagodining.

Get ready for some amazing dining events! Our Joyful series, Celebrity Chef Series and our award-winning cultural series focus on providing authentic and inclusive dining experiences.
LOCALLY SOURCED MISSION
INVESTING IN SOUTH SIDE COMMUNITIES AND REGIONAL FARMING

UChicago Dining has begun the process of sourcing foods from the eight ZIP Codes closest to campus with the goal of sourcing 35% of all Dining Commons products from local farms and food producers, including sausages and vegetables made and grown in Hyde Park and the surrounding south side community. Sourcing hyperlocal food products from the south side on a commercial scale demonstrates UChicago’s commitment to investing in south side communities. Additionally, procuring locally farmed goods within a 250 mile radius helps lessen UChicago’s carbon footprint while supporting the agricultural industry throughout the upper Midwest.

WASTE NOT 2.0

A high priority for UChicago Dining is lessening the dining system’s impact on the planet, food is an essential component of how we can reduce our carbon footprint, conserve water, and eliminate waste. **Waste Not 2.0**, a program newly implemented within the UChicago Dining system, helps us track food waste to identify areas of improvement. Dining Commons associates are able to document overproduction, cooking errors, inedible ingredients past their prime, and more to help us reduce waste and invest in our planet’s long term health. Any inedible food products recovered from Waste Not 2.0 are fed to an anaerobic digester, diverting those food products from landfills.

If you have any questions or want to be a part of UChicago’s transformative, long term plans to create a more robust and environmentally friendly food system on campus, reach out to Amreh Hopkins at Amreh.hopkins@compass-usa.com
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UChicago Dining

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