UChicago Dining Meal Exchange Program

In order to enhance the flexibility of the Meal Plan Program, we have added the option of Meal Exchange to each of the meal plans. The number of Meal Exchange swipes each student receives varies by meal plan. This guide is designed to help you understand how many Meal Exchange swipes you have and where you are able to use them.

- **Unlimited Meal Plan**
  3 Meal Exchange swipes per Quarter

- **Phoenix Meal Plan**
  15 Meal Exchange swipes per Quarter

- **Apartment Meal Plan**
  5 Meal Exchange swipes per Quarter

- **I-House Meal Plan**
  5 Meal Exchange swipes per Quarter

If you have any questions regarding this program, please do not hesitate to contact us via phone at 773.702.1600 or email dining@uchicago.edu.

### MIDWAY & MAROON MARKETS

<table>
<thead>
<tr>
<th>Pick One and Two Sides</th>
<th>Pick One and One Side</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large Soup</td>
<td>Yogurt Parfait</td>
</tr>
<tr>
<td>Grab &amp; Go Italian Sub</td>
<td>Bagel &amp; Cream Cheese</td>
</tr>
<tr>
<td>Bagel &amp; Cream Cheese</td>
<td>Muffin</td>
</tr>
<tr>
<td>Grab &amp; Go Hummus Wrap</td>
<td>Breakfast Bread Slice</td>
</tr>
<tr>
<td>Grab &amp; Go Turkey Baguette</td>
<td>Donut</td>
</tr>
<tr>
<td>Medium Drip Coffee</td>
<td></td>
</tr>
</tbody>
</table>

**OR**

### Market Side Options

- Chips
- Fresh Whole Fruit
- Small Ice Mountain Bottled Water
- Medium Drip Coffee
- Medium Hot Tea
### Cafés

#### Café Side Options
- Chips
- Fresh Whole Fruit
- Small Ice Mountain Bottled Water
- Medium Drip Coffee
- Medium Hot Tea
- 22 oz Fountain Drink

*(fountain drinks only available at Bio, Gordon, Stuart & SSA Cafés)*

#### Tiffin Café, Harris Café, SSA Café, Stuart Café

**Pick One and Two Sides**
- Grab & Go Turkey Baguette
- Large Soup/Small Chili
- Grab & Go Italian Sub
- Muffin
- Grab & Go Hummus Wrap
- Breakfast Bread Slice

**OR**

**Pick One and One Side**
- Yogurt Parfait
- Fresh Fruit Cup

#### Classics Café

**Pick One and Two Sides**
- Large Soup/Small Chili
- Grab & Go Hummus Wrap
- Bagel & Cream Cheese
- Muffin
- Donut
- Breakfast Bread Slice

**OR**

**Pick One and One Side**
- Yogurt Parfait
- Fresh Fruit Cup

#### Law School Café

**Pick One and Two Sides**
- Made-To-Order Sandwich
- Grab & Go Italian Sub
- Grab & Go Turkey Baguette
- Grab & Go Hummus Wrap
- Large Soup/Small Chili
- Bagel with Cream Cheese
- Donut
- Muffin
- Breakfast Bread Slice

**OR**

**Pick One and One Side**
- Yogurt Parfait
- Fresh Fruit Cup

#### Bio Café

**Pick One and Two Sides**
- Regular Hot Dog
- Donut
- Grab & Go Turkey Baguette
- Bagel & Cream Cheese
- Grab & Go Italian Sub
- Muffin
- Grab & Go Hummus Wrap
- Breakfast Bread Slice

**OR**

**Pick One and One Side**
- Yogurt Parfait
- Fresh Fruit Cup

#### Gordon Café

**Pick One and Two Sides**
- Made-To-Order Sandwich
- Grab & Go Hummus Wrap
- Grab & Go Turkey Baguette
- Large Soup/Small Chili
- Grab & Go Italian Sub
- Breakfast Bread Slice
- Bagel & Cream Cheese
- Donut
- Muffin
- Breakfast Bread Slice

**OR**

**Pick One and One Side**
- Yogurt Parfait
- Fresh Fruit Cup

#### Press Café

**Pick One and Two Sides**
- Made-To-Order Sandwich
- Grab & Go Italian Sub
- Grab & Go Turkey Baguette
- Grab & Go Hummus Wrap
- Large Soup/Small Chili
- Bagel & Cream Cheese
- Donut
- Muffin
- Breakfast Bread Slice

**OR**

**Pick One and One Side**
- Yogurt Parfait
- Fresh Fruit Cup

#### Hutchinson Commons

**Jr. Hamburger**
- Grab & Go Turkey Baguette

**Jr. Cheeseburger**
- Grab & Go Italian Sub

**Veggie Burger**
- Grab & Go Hummus Wrap

**Grilled Cheese**
- Yogurt Parfait
- Fresh Fruit Cup

### Hutchinson Commons Side Options
- Chips
- Fresh Whole Fruit
- Small Fry
- Small Ice Mountain Bottled Water
- 22 oz Fountain Drink

*(fountain drinks only available at Bio, Gordon, Stuart & SSA Cafés)*