

Meal Plan Selection Worksheet

Ask yourself these questions:

- How many morning meals do I plan to eat weekly? Will I eat brunch on Saturdays & Sundays?
- How many times per week do I plan to eat lunch or dinner?
- How many times a week do I want to get “grab & go” foods to eat on the run or take home?
- How many times a week do I want to get in-between meal snacks?
- How many times a week do I want to get food later in the evenings after Seacobeck closes?

Use your answers to fill in this chart. Do the calculations, then choose the best plan for you!

Type of Meal	Example	# you eat
Early Morning Meals I eat weekly	2	
Lunches I eat weekly	5	
Dinners I eat weekly	6	
Brunches I eat weekly	1	
Grab & Go Meals I eat weekly	2	
Late Night Meals I eat weekly	2	
Total Number of Weekly Meals (add numbers above)	18	
Multiply Total Weekly Meals by 15 weeks = Total Meals needed per semester	270	
Number of Weekly Snacks	3	
Multiply Weekly Snacks by 15 Weeks = Total Semester Snacks	45	
Multiply Total Semester Snacks by \$4 (average Flex cost per snack) = Total Flex Dollars needed per semester	\$180 Flex	

Meal Plan Options

(“Meals” refer to the buffet meals at Seacobeck, or “Meal Deal” combos at the Eagle’s Nest or Underground Café)

Plan	Meals Per Semester	Flex \$ Per Semester
Super Meal Plan	Unlimited	\$100
275 Block Plan	275 (may use 5 meals for guests)	\$200
225 Block Plan	225 (may use 5 meals for guests)	\$200
150 Block Plan	150 (may use 5 meals for guests)	\$300
90 Block Plan	90 (may use 5 meals for guests)	\$175
5 Meal Commuter Plan (5 meals per week)	75	\$75

Our example needs 270 meals per semester and \$180 Flex Dollars, so the 275 Block plan would be the best choice for our example scenario.

If you have questions about meal plans or options:

Call: 540-654-1928; E-mail: dining@umw.edu; or Go to our web site: www.umwdining.com