

# STAY CONNECTED



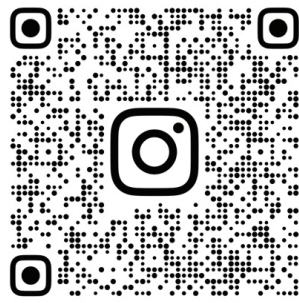
## Dine On Campus

**Dine On Campus™** provides helpful dining information at your convenience! It offers daily menus at all dining locations across campus, full nutritional information, and lists of ingredients for all menu items, hours of operation, and much more!

Use the filter tool under “What’s on the Menu” tab to help you find vegan, vegetarian, and avoiding gluten options in the Dining Hall. You can even add menu items to **Apple HealthKit** if you’re interested in tracking the nutritional value of what you eat. Download it today!

## Social Media

Stay connected with everything happening in campus dining! Follow us on Instagram and Facebook for the latest menu updates, special events, giveaways, and new dining options. Don’t miss out—join the conversation and see what’s cooking on campus!



@FALCONFOODS

## Text2Chat

We are here for you, anytime! Text2Chat is our text messaging program that allows you to privately message our dining team with questions or comments about your dining experience and get real time feedback! Try it today!

- Is the soy sauce gluten-free?
- What time does Starbucks close?
- Where can I find the hours of operation for the dining hall?
- The BBQ Chicken was Amazing!!!

**TEXT US!** (205) 236-2277

All apps are available on:



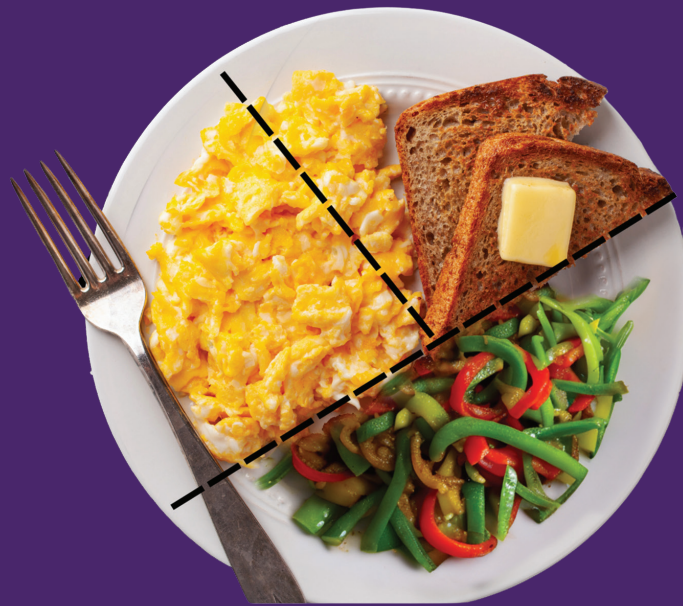
# First Year EATS

This program is designed to engage and connect first-year Falcons to our dining program, Falcon Foods. We firmly believe it is not the responsibility of the student to mold to the dining program. On the contrary, it is our responsibility to deliver upon the academic, social, and culinary needs of the students. Through a series of events and strategic initiatives, our goal is to help first-year and first-generation Falcons learn, grow, and flourish at the University of Montevallo and beyond. If you are a first-year Falcon, we look forward to engaging with you at upcoming events.

## PERFORMANCE CIRCLE by Chartwells

Developed by Registered Dietitian Nutritionists (RDNs) and chef experts, the Performance Circle menu was built to feed athletes, whether fueling up for two-a-days or recovering from intense competition. This year, we are implementing this program into our dining hall offerings.

Though designed to meet the needs of athletes, this menu is still applicable- to ALL guests whether they are athletes or not. Our goal is to continue to create opportunities for a more inclusive dining experience.



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MEAL PLANS



# Falcon Foods

VISIT US ONLINE:  
DINEONCAMPUS.COM/MONTEVALLO

# RESIDENTIAL MEAL PLANS



| Meal Plan   | Meal Plan Components   |
|---|--|
| <b>BEST VALUE!</b><br><b>All- Access Gold</b>             | <ul style="list-style-type: none"> <li>All Access to the dining hall</li> <li>5 Retail Credits per week</li> <li>1 guest meal per week</li> <li>200.00 in Flex Dollars</li> </ul> <b>Price: \$2,525.00</b>                                     |
| <b>All- Access Purple</b>                                 | <ul style="list-style-type: none"> <li>All Access to the dining hall</li> <li>3 Retail Credits per week</li> <li>1 guest meal per week</li> <li>100.00 in Flex Dollars</li> </ul> <b>Price: \$2,425.00</b>                                     |
| <b>Falcon Plan</b>  | <ul style="list-style-type: none"> <li>Second year students and above only</li> <li>10 meal swipes per week</li> <li>4 Retail Credits per week</li> <li>1 guest meal per week</li> <li>150.00 Flex Dollars</li> </ul> <b>Price: \$2,295.00</b> |
| <b>Bricks Plan</b><br>Available to commuter students too! | <ul style="list-style-type: none"> <li>Second year students and above only</li> <li>6 meal swipes per week</li> <li>3 Retail Credits per week</li> <li>1 guest meal per week</li> <li>250.00 Flex Dollars</li> </ul> <b>Price: \$2,142.00</b>  |

# MEAL PLANS 101

## Meal Swipes

Meal Swipes can be used any time throughout the semester in Anna Irvin Dining Hall for an “all-you-care-to-eat” experience. All our students have to do is swipe/scan once at the register when they walk into the Dining Hall, then they may have unlimited servings as long as they remain in the building.

## Flex Dollars

Flex Dollars are funds that come with your meal plan. Pay dollar-for-dollar for your transaction using your student ID. Flex Dollars are accepted at all on-campus dining locations, select off-campus locations, and on-campus vending machines.

## Guest Meals

Guest meals can be used to swipe a guest in the dining hall, or as a normal meal swipe.

## Retail Credits

Retail Credits allow a student to use the value of a resident dining meal swipe toward the purchase of a retail meal. These are valid at on-campus retail dining locations only. You can use 1 Retail Credit per hour.

## Bonus Flex

Bonus Flex are funds students can load to their account, not included with their meal plan purchase price. These are dollar-for-dollar and allow your student ID to be used like a declining balance debit card. Bonus Flex can be added any time during the semester and expire on the last day of spring semester or last day student is enrolled in an active meal plan.

## All-Access

All-Access plans allow the meal plan holder up to 2 entries into the dining hall for every meal period the dining hall is open.



# HEALTH AND WELLNESS

## Special Diets

If you have food allergies, intolerances, sensitivities, and/or are in need of dietary assistance, we are here for you. Our team has trained managers and associates trained to develop a solution.



### Graham Connor

Campus Executive Chef  
 Email: Graham.Connor@compass-usa.com

### Jason Quarles

General Manager  
 Email: Jason.Quarles@compass-usa.com

- VG** | Vegan
- V** | Vegetarian
- AG** | Avoiding Gluten
- PR** | Good Source of Protein
- CF** | Climate Friendly

## Know Your Food - Menu Icons

For those following a specific diet, or have dietary restrictions or intolerances, you can find the following symbols on our menus in the dining hall and on our website, Dine on Campus.

# Dining LOCATIONS

## Anna Irvin

The all-you-care-to-eat dining hall is located in the Anna Irvin building. The dining hall has multiple stations featuring a salad bar, deli, pizza and pasta, and more. We also feature Tu Taco, a tex-mex concept, in this space for a food court feel. Students are also able to grab their food to-go using our reuseable to-go container program.



## Farmer Food Hall

The Farmer Food Hall, newly opened in Farmer Hall, brings even more dining options to campus. This vibrant food destination features popular favorites like Bojangles, Einstein Bros. Bagels, and Freddie’s Kitchen.



# COMMUTER MEAL PLANS

|                        |   |
|------------------------|---|
| <b>Commuter Gold</b>   | <ul style="list-style-type: none"> <li>80 Meal Swipes per semester</li> <li>5 Retail Credits per semester</li> <li>200.00 in flex dollars</li> </ul> <b>Price: \$1,189.00</b>                   |
| <b>Commuter Purple</b> | <ul style="list-style-type: none"> <li>37 Meal Swipes per semester</li> <li>3 Retail Credits per semester</li> <li>175.00 in Flex Dollars</li> </ul> <b>Price: \$672.00</b>                     |
| <b>Falcon Access</b>   | 250.000 Flex dollars plus 5 Retail Credits. All enrolled undergraduate students taking 12 credit hours who have not purchased a meal plan are automatically enrolled.<br><b>Price: \$310.00</b> |