

Top Reasons to Purchase a MEAL PLAN

(Described as a pizza slice)



CONVENIENCE

the crust
It is what holds our meal plans together. There is no grocery shopping or cooking.

VALUE

the cheese
An essential part to any meal plan, value saves you time & money. You pay no tax when you purchase a meal plan.

LOCATION

the sauce
Whether you need a quick snack before class or a hearty meal, we have dining locations all across campus.

VARIETY

the toppings
Whether you eat meat, are a vegetarian or gluten free we have options for everyone. Embrace your inner foodie.

SOCIAL

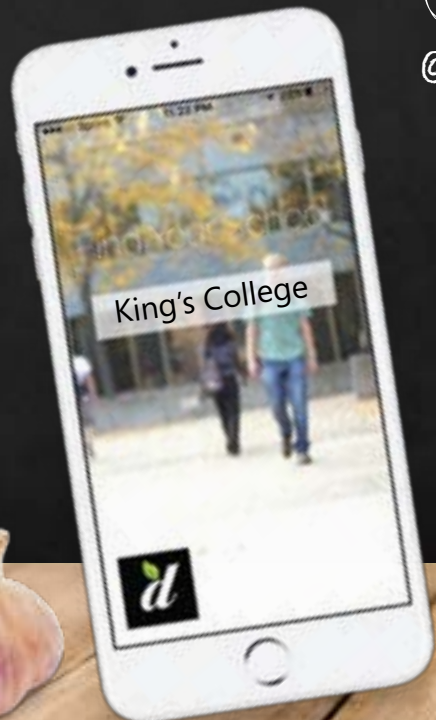
the pizza party!
Enjoying meals with your friends is an essential part of your meal plan. Make sure you have one.



Dine On Campus

View menus, nutrition information, specials and more on your phone by downloading the Dine On Campus App or visit us at dineoncampus.com/kings

Download The App!



Stay Connected:



@EatAtKings



EAT SMART

RESIDENTIAL DINING GUIDE



dineoncampus.com/kings



HEALTHY EATING

Eating healthy, balanced meals will help you study and keep you looking and feeling your best. Balanced U is your guide to finding foods that are right for you.

Look for these icons on menu items:



Balanced

These foods are limited in calories, fat, saturated fat, cholesterol and sodium. Eating these food choices more often will help you feel energetic and healthy.



Vegetarian

Foods that do not contain animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.



Vegan

Foods that do not contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout campus.



Avoiding Gluten

Foods that do not include gluten containing ingredients. We avoid cross contact but cannot guarantee they are gluten-free.

Special Diets

If you have a food allergy or are in need of dietary assistance, please contact our Senior Director of Dining Services Jeffrey Thomas at 570-208-8301 to arrange a meeting. Should you have a documented condition that may warrant an accommodation, you must contact Disability Services Coordinator Mrs. Sheri Yech. Email sheriyeche@kings.edu or call 570-208-5841.



SUSTAINABILITY

King's Dining is committed to fostering and promoting sustainable business practices that you will see, taste and experience.

Zero Trans Fat

All cooking fats used in our kitchen are zero trans fat, and we do not purchase bakery or frozen foods that contain trans fat.

Ocean Friendly Seafood

We only use seafood that is either a Best Choice or Good Alternative according to the Monterey Bay Seafood Watch program.

Cage Free Eggs

We only use cage free eggs in our kitchen.

rBGH Milk

All of our milk, and now yogurt, is sourced from farms committed to never using bovine growth hormone to increase milk production.

Reduced Antibiotic Poultry

Our chicken and turkey products are not routinely given human-grade antibiotics. The animals only receive antibiotics if necessary due to illness.

Fair Trade Certified Coffee

We feature fair trade, triple certified, organic shade-grown coffees.

Disposable Packaging

Our disposable packaging is made from renewable resources.



MEAL PLAN OPTIONS

275 Plan

275 meals per semester including 7 guest swipes + 200 flex dollars
\$3131 per plan

250 Plan

250 meals per semester including 7 guest swipes + 350 flex dollars
\$3131 per plan

200 Plan

200 meals per semester including 5 guest swipes + 450 flex dollars
\$2925 per plan

125 Plan

125 meals per semester including 5 guest swipes + 400 flex dollars
\$2070 per plan

75 Plan

75 meals per semester + 125 flex dollars
\$1039 per plan

25 Plan

25 meals per semester
\$267 per plan

PARTICIPATION GUIDELINES

First Year Students

All first year students living on campus must participate in the 275 or 250 meal plans.

Second Year Students

Second year students living in Holy Cross, Esseff or Luksic Halls must participate in the 275, 250 or 200 meals plans. Second year students living in College Apartments (Alumni Hall, Flood Hall, O'Hara Hall or King's on the Square) must participate in the 275, 250, 200 or 125 meal plans.

Upper-class and Graduate Students

Upper-class and graduate students living in Holy Cross, Esseff or Luksic Halls must participate in the 275, 250 or 200 meal plans. Upper-class and graduate students living in College Apartments may participate in any King's Dining plan, or not have a plan.



Purchase your meal plan in the Office of Residence Life or call 570-208-5856.

MEAL PLAN GUIDELINES

Meal Swipes

Meal swipes allow students to use meals however they wish throughout the semester. Use 7 meal swipes one week and ten the next. With our meal plans, meals will carry over from week to week. Unused meals will not carry over from semester to semester.

Flex Dollars

Each meal plan, except the 25 Plan, come with Flex Dollars, which is a declining balance account that can be used in any dining venue on campus to purchase meals, snacks and beverages. Unused flex dollars will not carry over from semester to semester.

King's Cash

You can supplement your plan at any time with King's Cash. King's Cash is a declining balance fund that can be added to an ID card at any time, and used at all dining venues. King's Cash will carry over from semester to semester until a student graduates.

DINING LOCATIONS

King's Court

2nd Floor, Campus Center

All you care to eat dining facility. Enjoy entrees, sides, homemade desserts, and made to order action stations for one meal swipe.

Susquehanna Place

Lower Level, Administration Building

Featuring daily entrée specials and made to order salads and sandwiches. Enjoy locally roasted coffee and On-the-Go options in our newly renovated facility with study rooms!

Connerton's Café

Ground Floor, Campus Center

Made to order subs, sandwiches, and other favorites. Breakfast sandwiches available in the morning and locally roasted coffee all day. Place your order at easy to use touchscreen digital kiosks.

Chick-fil-A

First Floor, King's on the Square

Featuring the classic breaded chicken sandwich, nuggets, grilled nuggets, grilled chicken sandwich, waffle fries and classic Chick-fil-A lemonade and ice tea. Dine outside on adjoining patio area.

Monarch Mart

Ground Floor, Campus Center

On campus convenience store stocked with wide selection of snacks and grab and go items.

Leo's On Mane

First Floor, O'Hara Hall

Beer and wine served here with shareable appetizers and pub favorites. Beer and wine is available to guests who are 21 and over. Alcohol cannot be purchased with meal swipes, flex dollars, or King's Cash.

