

DINING OPTIONS

AS A RESIDENTIAL

university, St. Lawrence requires its students to live and eat on campus during each semester.

We operate our own dining service, one of the most student-oriented dining services in the country. Catering to your needs is our prime objective and we truly want to satisfy you. We offer wholesome, nutritious, home-style, traditional meals as well as fast food and convenience store

foods for those who prefer them. We also provide a variety of organic and vegan items.

We encourage each student to bring one or two settings of silverware and dishes for use in your room. There are events students celebrate, such as birthdays, when these items are needed. "Souvenirs" from the dining facilities are often used for these occasions, but this increases our cost of serving you. Please help us by bringing a set or two from home.

Meal Plan Choices

Dining services offers you a choice through our variable meal plans that allow a student to choose a dining pattern of his or her choice. Underclass students may choose from two different meal plans, while seniors may choose from three.

Please read through the description of the meal plans that follow. **You will automatically be placed on the Full-Flex Meal Plan; if you prefer the 21-Meal Plan, send your request to sfs@stlawu.edu.** You may change your meal plan up to the end of the fifth day of classes. After that time, you will not be able to change your plan until the beginning of the next semester.

We hope you enjoy the fine variety of food and beverages offered by our dining services staff. If you have any questions regarding our program or services in general, please do not hesitate to contact us at Lee Hall, phone 315-229-5982.

Full-Flex Meal Plan

The Full-Flex Meal Plan gives students flexibility in choosing which meals they wish to purchase as well as the location of each meal.

Semester Cost: \$2,230.00

Participants are billed a fixed membership fee of \$1,402.50 and an initial meal bank deposit of \$827.50. Each purchase from a dining service facility is deducted from the meal bank. Din-



ing locations are the Northstar Café in the Student Center, the Time Out Café in Augsburgy Physical Education Center and Dana Dining Center.

Prices for all meals and convenience items are listed at each dining facility with the exception of Dana Dining Center. You will receive a 10% discount at the Northstar Café on all purchases except the specials.

Dana Dining Center offers all-you-care-to-eat meals at the low prices listed below:

Breakfast	\$2.10
Lunch and Sat. Brunch	\$3.70
Dinner	\$5.09
Sunday Brunch	\$5.09

The initial meal bank does not cover breakfast, lunch and dinner each day of the week as does the 21-Meal Plan described below. If all meals are eaten in Dana Dining Center, the Full-Flex plan may provide 70% of the meals eaten in a semester. Students eating with greater frequency or purchasing meals elsewhere on campus will probably need to supplement the initial meal bank during the semester.

Additional deposits, at a minimum of \$25, may be made to the meal bank throughout the semester by delivering a deposit slip and payment to the student financial services office or online with a credit card at www.stlawu.edu/sfs.

Any fall-semester meal bank balance may be rolled over into the spring semester, provided the account is still active and the student continues to participate in the same meal plan. However, any meal bank balance at the end of the fall semester cannot be used to reduce the amount of your spring semester meal plan charge. Any funds left in your account at the end of the spring semester are forfeited.

21-Meal Plan

This meal plan provides breakfast, lunch and dinner each day of the week in the Dana Dining Center, an all-you-care-to-eat facility. A CWA (see Community-Wide Account section) or cash may be used to purchase meals elsewhere on campus. There are no refunds or credits given for missed meals.

Fall Semester Cost:	\$2,330.00
Spring Semester Cost:	\$2,280.00

For the fall semester only, \$50.00 is deposited into the CWA to be spent at other locations on campus.



Note: The meal plan choice will be in effect for your four years at St. Lawrence University. To change a plan, contact the student financial services office in the Student Center, room 315, by phone at 315-229-5581 or by e-mail at sfs@stlawu.edu.

Recipes from Home

“Mom’s and Dad’s Recipes Go to College.” That’s how Good Morning America introduced a feature story on our parent recipe program. We have even published a cookbook of favorite parents’ recipes.



We invite you to join the program. We’re always searching for new ideas for our dining hall menus. Often we hear students say, “My Mom makes the best spaghetti I’ve ever had!” or “Why can’t you make barbecued chicken as well as Dad can?” For over 20 years we have invited parents and students to send recipes from home, and the results have been terrific!

Send us your family favorite, or a recipe that hits the spot with you. After converting it to serve 2,000 and testing the emerging recipe, we’ll add it to the menu. We’ll even spread your fame: Betty Smith’s Mom’s Spaghetti with Zucchini or Steve Carter’s Dad’s BBQ Chicken will bring rave reviews. We’ve included a recipe form for your use.

If you have any questions or suggestions for us during your time on campus, please let us know. We’re here to serve delicious, healthy food.

St. Lawrence University does not discriminate against students, faculty, staff or other beneficiaries on the basis of race, color, gender, religion, age, disability, marital status, sexual orientation, or national or ethnic origin in admission to, or access to, or treatment, or employment in its programs and activities. AA/EEO.

For further information, contact the University’s Age Act, Title IX and Section 504 coordinator, 315-229-5584. A complete policy listing is available at www.stlawu.edu/policies.

Dining Services Recipe Form

ST. LAWRENCE UNIVERSITY

SLU Class of _____

Please print legibly

Full Name _____ SLU ID# _____

Parent(s) Name(s) _____

Recipe Title: _____

Title You Wish Us to Use: _____

Yield: _____

Weight or Measure	Ingredients	Directions and Procedure
Recommended Garnishes or Accompaniment:		

Thank you for sending us this (these) recipe(s). (Please copy form as needed.)

PLEASE RETURN THIS IN THE LARGE ENVELOPE PROVIDED.