

# Take 3

## Meal Period

### Lunch

11:00 AM - 4:29 PM

### Dinner

4:30 PM - 8:00 PM

### Unlimited Meal

Plans get one meal exchange per meal period and are still eligible to dine in Raymond Hall.

All other meal plans are eligible for **ONLY** one meal exchange per meal period.

# Take 3

... is a meal exchange program designed as a quick meal on the go from this select menu in Alumni Hall Food Court. Meal exchanges are deducted from your weekly Raymond Hall Dining plan. Participants are welcome to exchange ONE meal per meal period in Alumni Hall until 8PM. Please remember that exchanges are for meal plan participants only as a convenience and are nontransferable.

## TAKE 1 - Lunch/dinner

- garden salad
- caesar salad
- hamburger  
(served on a bun with lettuce, tomato and mayo)
- cheeseburger  
(served on a bun with American cheese, lettuce, tomato, and mayo)
- chicken patty  
(served on a bun with lettuce, tomato, and blue cheese dressing. American cheese or hot sauce optional)
- veggie burger  
(served on a bun with lettuce and tomato)
- grilled cheese  
(choice of wheat or white bread with American cheese. Tomato optional)
- any "Take 3" sandwich
- hot soup
- NO SUBSTITUTIONS or additional toppings please**

## TAKE 2 - Grab A Snack

- yogurt (Yoplait)
- granola bar
- chips
- cookie
- brownie
- whole fruit
- nabisco 100 calorie snack
- french fries

## TAKE 3 - Quench Your Thirst

- any size coke fountain beverage
- small minute maid fountain juice
- carton of milk