



EATING MADE EASY.

SAVE TIME

**NO COOKING, NO CLEANING
NO SHOPPING, NO HURRYING**



MEAL PLAN INFORMATION



www.Juilliard.campusdish.com
212-721-7373



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WHAT IS A MEAL EXCHANGE?

In order to provide the most value possible for each meal, we follow a meal exchange system. This system allows students to purchase an entrée, a side, a dessert and a beverage for one meal. They can mix and match between a variety of options to create this meal and their options are posted throughout the Café.

MEAL EXCHANGE OPTIONS

Breakfast

Choose one entrée:

Omelette Any Style
Eggs Any Style
French Toast

Pancakes
Large Fruit Cup
Large Yogurt Parfait

Cup of Cold Cereal with Milk
Large Cup of Hot Cereal
Large Pastry
Egg, meat & cheese sandwich

Choose one side:

1 Egg Any Style
Hash Browns
Sliced Bacon
Sausage
1 oz. Lays Chips

Mini Pastry
Whole Fruit
Small Oatmeal
Bagel with Spread
Toast with Spread

1 Pack Gluten Free Oatmeal
Small Yogurt
Small Cottage Cheese
Nature Valley
NutriGrain Bar
Orange or Apple Juice Carton

Lunch & Dinner

Choose one entrée:

Any Deli Sandwich or Wrap
Any Grill Entrée
Up to 16 oz. Salad Bar

Large Soup & Dinner Roll
Any Thin Crust Pizza
2 Slices Regular Pizza
1 Comfort Combo Meal

2 Comfort Entrées
Grab & Go Salad, Sushi,
Sandwich, Large Yogurt
Parfait or Large Fruit Cup

Choose two sides:

Small Soup
Nature Valley Bar
1 oz. Lays Potato Chips
Trail Mix Nuts
Comfort Zone Side
Small Cup of Granola
Milano Cookies

Dried Fruit Cup
Whole Fruit
Side Salad from Salad Bar
French Fries
Bagel or Toast with Spread
NutriGrain Bar
Pudding

Small Fruit Cup
Small Yogurt from Salad
Bar
2 Cookies
100 Calorie Cookies
Fig Newtons
Apple Sauce

All Meals Come with one Beverage Option:

Bottled Water
Coffee or Tea
Fountain Soda

Fountain Juice
Orange Juice Carton
Apple Juice Carton

Milk Carton
Cup of Milk
Iced Coffee or Tea

With a meal plan you have value, variety & convenience.
It's flexible and works right with your schedule.

WHEN YOU PURCHASE A MEAL PLAN, YOU GET:

- 1 Credit for a certain amount of meals.**
- 2 Declining Balance dollars (DB) you can spend on snacks and beverages.**

Juilliard students living in the residence hall are required to be on the meal plan. Each student is initially placed on the 19 meals per week plan but have the option to switch to the 170 block plan when they arrive at school. The meal plan is included in the room and board fees. No action is necessary at this time unless you wish to change from the 19 meals per week to the 170 Block Plan or add Declining Balance Dollars.

19 MEAL PLAN

19 meals per week plus \$50 Declining Balance Dollars per semester. This plan includes 19 meals to be used each week for breakfast, lunch, dinner, or brunch. You also have \$50 Declining Balance Dollars to purchase snacks or beverages.

170 BLOCK PLAN

170 meals plus \$550 Declining Balance Dollars per semester. This plan includes 170 meals to use at your leisure over the course of the semester. You can decide on when you use them each week. \$550 in Declining Balance Dollars will provide you opportunity to pick up snacks and beverages throughout the day or to enjoy in your room later.

YOU CAN ADD MORE DECLINING BALANCE DOLLARS AT ANY TIME.

Simply go to www.juilliard.campusdish.com and purchase more DBDs through our Meal Plan page. Fund will be added to your account the next day.

DID YOU KNOW?

Our weekly menu is posted on www.juilliard.campusdish.com. You can check out what the menu is before you come to the cafe. Not only that, but you will also be able to look at the nutrition information in advance!

NEW THIS FALL...

We are bringing a Jamba Go Smoothie machine to your fingertips! Now you'll be able to enjoy one of two delicious smoothie flavors. Smoothies will be considered an entrée on the meal exchange system.

AN ENVIRONMENT OF HEALTH & WELLNESS

Enable

A campus food environment that encourages health & well-being

Educate

An aware, informed, empowered student body



Engage

A campus community that actively participates in and is connected to a culture of wellness

Encourage

A heightened level of student interest in and excitement about healthy choices

Our partnership with myfitnesspal allows students to track their daily healthy lifestyle on their smartphone. Just search “aramark on campus” and then the menu item name. In addition, the nutrition information for each prepared menu item is available at the station where it is being served.

In addition to these tools, we work directly with the Campus Nutritionist to ensure we are providing healthy options for all students.



Baked Ziti

Cooked ziti in marinara sauce baked under mozzarella cheese



Nutritional Information

Portion Size:	8 fl oz	Saturated Fat (g):	3	Carbohydrates (g):	10
Calories:	170	Sodium (mg):	290	Dietary Fiber (g):	3
Total Fat (g):	11	Cholesterol (mg):	10	Protein (g):	7

The nutritional information data shown is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

CONTACT US



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FAQs

Can I carry meals over to the next week?

Meal plans that come with a certain number of meals per week do not carry over to the next week. Block Plans that come with a certain number of meals per semester carry over throughout the semester. Customers on either of the meal plans can use up to 3 meals per day. You are entitled to eat the number of meals per week on your plan. The meal plan billing week runs from breakfast on Thursday through Wednesday dinner.

What do I do if my Declining Balance Dollars run low?

Simply make a deposit to your account by going to www.juilliard.campusdish.com and then clicking on the meal plan page.

What happens to my unused DBDs and meals at the end of each semester?

Your unused dollars transfer from the fall to spring semester. However, meals do not transfer from fall to spring. At the end of the spring semester unused dollars and meals are nonrefundable and cannot be transferred to the next academic year.

Can I treat a friend to a meal on my plan?

You and only you can use your “meals”, one meal per period. But you can certainly treat a friend to a meal by using Declining Balance Dollars.