At Chartwells – your dining service provider – nourishing students is not only our business; it’s our commitment to the SUNY Plattsburgh college community. **EAT • LEARN • LIVE** are just three simple words that communicate our single-minded commitment to provide the food and nutrition that fuels students to succeed in their education, laying the foundation for a longer, healthier life.

We take feeding students very seriously. Chartwells dishes out quality foods with menus customized for SUNY Plattsburgh students and their nutritional needs. Chartwells is pleased to offer our health, nutrition and wellness program called Balanced Choices. With Balanced Choices students will be able to eat their food choices that fall under a variety of menu groups: Fit, Vegan, Vegetarian, Carb Control, and more.

Chartwells fuels hungry minds for success in education. Without healthy, balanced choices to keep them energized, students can’t learn. Our initiatives also include stepping up nutrition education in our dining locations, learning about the community around us and gaining real world experiences through employment with Chartwells. Chartwells understands that we have a responsibility to education and learning is part of our role as the dining service provider.

Living a successful life includes giving to others and being sensitive to the environment and community. Chartwells is fostering healthy communities by encouraging volunteerism among our associates by giving our time and resources to local and national efforts and in partnership with CAS, implementing a variety of sustainable efforts on campus.

---

**For further information please contact:**

**College Auxiliary Services**

SUNY Plattsburgh College Auxiliary Services

Clintmont Dining Hall

101 Broad Street

Plattsburgh, NY 12901

Tel. 518-564-3824

Toll-free 1-877-778-2271

www.plattsburghcas.com
WELCOME!

College Auxiliary Services and Chartwells Dining Services at SUNY Plattsburgh would like to welcome all new and returning students to campus.

Flexibility, value and variety are key words in describing the wide range of dining options available to students at SUNY Plattsburgh. We offer interesting and appealing programs and services that will entice you to try something new, serve up home cooking comfort and invite you to sit down and share a meal with friends. We’re confident you’ll find the meal plan that will fit your lifestyle and budget.

We understand it may be difficult for you to choose your meal plan now. That’s why we urge you to read and understand your choices. Our goal is to help you find the meal plan that suits you best!

For assistance call College Auxiliary Services at 518-564-2035 or visit us on the web at www.plattsburghcas.com

SELECTING [a meal plan]

On your housing contract you will be asked to select a meal plan. We suggest you evaluate your current eating habits and ask yourself these questions…

• How often do I eat?
• Do I manage my money well?
• Am I organized?
• What is my budget?

First year residential students may choose Meal Plan A, B or C only.

During your first week on campus re-evaluate your meal plan choice by asking yourself these questions…

• What are my campus activities around meal hours?
• Do I want to be able to eat at a dining facility closer to my residence hall?
• Where are my friends eating?
• Where do I prefer to eat?
• Am I monitoring my meal plan expenditures?

As mandated by the SUNY Plattsburgh Housing Contract, a residential meal plan must be purchased every semester a student resides on campus. Our campus housing is not equipped for the preparation and/or cooking of meals by students. For questions regarding this mandate, please contact the Housing and Residence Life Office at 518-564-3824.

CHANGING [a meal plan]

You will have approximately 10 days at the beginning of each semester to change your meal plan. Come to College Auxiliary Services in Clinton Dining Hall between 8:00 am and 4:30 pm and we’ll be happy to help you.

Final dates to change your meal plan:

Fall 2008 semester
Thursday, Sept. 4, 2008 by 4:30 pm

Spring 2009 semester
Thursday, Feb. 5, 2009 by 4:30 pm
[meal plan]

FEATURES

There are 107 meal plan days in the fall semester and 103 meal plan days in the spring semester. When a student chooses Meal Plan D, E or F the following discounted rates apply at Clinton, Algonquin, Little Al’s, Late Night and on weekends at the Sundowner:

- **Breakfast** — $5.00
- **Lunch/Brunch** — $6.00
- **Dinner** — $7.50
- **Late Night** — $7.00

Dining Dollars

- Dining Dollars are assigned to most meal plans and can be used to make purchases at all dining facilities and at Campus Express (the College convenience store).
- Meal Plans D, E and F Dining Dollar purchases at Campus Express are limited to 20% of the total cost of your meal plan.
- Dining Dollars do not carry over from spring to fall semester.
- Dining Dollars may be added to any meal plan during the semester.

Guest Meal Passes

- Can be used by the student or for friends and family.
- The meal plan holder must accompany the guest.

For your Dining Dollars or Guest Pass balance visit us on the web at WWW.CARDINALCARD.COM or call College Auxiliary Services at 518-564-2035 weekdays between 8:00 am and 4:30 pm.

[meal plan]

HIGHLIGHTS

- Increased dining flexibility.
- You can now add Dining Dollars any time during the semester.
- Dining on weekends at Algonquin.
- Late Night is moving to the Sundowner 7 days a week.
- Anticipated fall opening of the ‘Green Grocer’ and ‘Subway’ in the former WOW Café location.
- You can now add Dining Dollars any time during the semester.
- Anticipated fall opening of ‘Tim Hortons’ in the former Java Jo’s location.
- Clinton will be closed on the weekend.
- Dining facilities will be open a total of 18 hours on weekdays and 16 hours on weekends!

Sustainability

Check out some of the new sustainability initiatives on campus, such as:

- Offering antibiotic-free pork.
- Farm to Fork program (initiatives to buy locally).
- Cage-free eggs.
- Conversion of used fryer oil into biodiesel fuel.
- Decreasing food waste with the elimination of dining hall trays.
- Comprehensive recycling programs.
- Campus-wide reusable mugs.
- Campus-wide energy conservation.
- Elimination of Styrofoam and plastic packaging.

College Auxiliary Services and Chartwells are proud of our collective efforts to make this world a better place through sustainability efforts. We will continue our efforts to emphasize a healthy lifestyle, not only in food consumed, but also in its manufacture and disposal, encouraging SUNY Plattsburgh students to become good stewards of our environment.

**NON-RESIDENTIAL**

DECLINING BALANCE MEAL PLANS

These Meal Plans may be purchased by non-residential students, offers Dining Dollars only and may be used at any campus facility and Campus Express. Unused Declining Balance Meal Plan funds carry over from fall to spring semester only. Additional Dining Dollars may be added anytime!

Declining Balance 300 — $300.00/semester
- This plan offers $300 Dining Dollars per semester. Additional Dining Dollars may be added anytime!

Declining Balance 500 — $500.00/semester
- This plan offers $500 Dining Dollars per semester. Additional Dining Dollars may be added anytime!

BUILD YOUR OWN MEAL PLANS

This Meal Plan offers a combination of meals and Dining Dollars (with the exception of B which offers meals only). Meals on these plans are accepted at Clinton, Algonquin, Little Al’s, on weekends at the Sundowner, during Late Night and have an equivalency of $7.00 at Subway from 9:00 pm to closing. Dining Dollars may be used at any campus dining facility and Campus Express.

Build Your Own 5 — $350.00/semester
- This plan offers 50 meals only.

Build Your Own 4 — $350.00/semester
- This plan offers 40 meals & $70 Dining Dollars.

Build Your Own 3 — $350.00/semester
- This plan offers 30 meals & $140 Dining Dollars.

Build Your Own 2 — $350.00/semester
- This plan offers 20 meals & $210 Dining Dollars.

Build Your Own 1 — $350.00/semester
- This plan offers 10 meals & $280 Dining Dollars.
FEATURES
There are 107 meal plan days in the fall semester and 103 meal plan days in the spring semester. When a student chooses Meal Plan D, E or F the following discounted rates apply at Clinton, Algonquin, Little A’s, Late Night and on weekends at the Sundowner:

- Breakfast — $5.00
- Lunch/Brunch — $6.00
- Dinner — $7.50
- Late Night — $7.00

Dining Dollars
- Dining Dollars are assigned to most meal plans and can be used to make purchases at all dining facilities and at Campus Express (the College convenience store).
- Meal Plans D, E and F Dining Dollar purchases at Campus Express are limited to 20% of the total cost of your meal plan.
- Dining Dollars do not carry over from spring to fall semester.
- Dining Dollars may be added to any meal plan during the semester.

Guest Meal Passes
- Can be used by the student or for friends and family.
- The meal plan holder must accompany the guest.

For your Dining Dollars or Guest Pass balance visit us on the web at WWW.CARDINALCARD.COM or call College Auxiliary Services at 518-564-2035 weekdays between 8:00 am and 4:30 pm.

HIGHLIGHTS
- Increased dining flexibility.
- You can now add Dining Dollars any time during the semester.
- Dining on weekends at Algonquin.
- Late Night is moving to the Sundowner 7 days a week.
- Anticipated fall opening of the ‘Green Grocer’ and ‘Subway’ in the former WOW Café location.
- Anticipated fall opening of ‘Tim Hortons’ in the former Java Joe’s location.
- Clinton will be closed on the weekend.
- Dining facilities will be open a total of 18 hours on weekdays and 16 hours on weekends!

Sustainability
Check out some of the new sustainability initiatives on campus, such as:

- Offering antibiotic-free pork.
- Farm to Fork program (initiatives to buy locally).
- Cage-free eggs.
- Farm to Fork program (initiatives to buy locally).
- Conversion of used fryer oil into biodiesel fuel.
- Decreasing food waste with the elimination of dining hall trays.
- Comprehensive recycling programs.
- Campus-wide reusable mugs.
- Campus-wide energy conservation.
- Elimination of Styrofoam and plastic packaging.

College Auxiliary Services and Chartwells are proud of our collective efforts to make this world a better place through sustainability efforts. We will continue our efforts to emphasize a healthy lifestyle, not only in food consumed, but also in its manufacture and disposal, encouraging SUNY Plattsburgh students to become good stewards of our environment.

MEAL PLANS

PAY PER MEAL MEAL PLAN RATES FOR D, E OR F MEAL PLAN HOLDERS:
- Breakfast — $5.00
- Lunch/Brunch — $6.00
- Dinner — $7.50
- Late Night — $7.00

Anytime Dining Meal Plan Options
- Unlimited access to all-you-care-to-eat dining in Algonquin Dining Hall, Clinton Dining Hall and Little A’s.
- Late Night:
  - Guest Meal Passes

Meals on these plans are accepted at Clinton, Algonquin, Little A’s, on weekends at the Sundowner, during Late Night and have an equivalency of $7.00 at Subway from 9:00 pm to closing. Dining Dollars may be used at any campus dining facility and Campus Express.

Anytime Dining Meal Plan Options
- Unlimited access to all-you-care-to-eat dining in Algonquin Dining Hall, Clinton Dining Hall and Little A’s.
- Late Night:
  - Guest Meal Passes
  - $100 Dining Dollars. Additional Dining Dollars may be added anytime!

Non-Residential students, offers Dining Dollars only and may be used at any campus facility and Campus Express. Unused Declining Balance Meal Plan funds carry over from fall to spring semester only. Additional Dining Dollars may be added anytime!

Declining Balance Meal Plans
- This plan offers $300 Dining Dollars per semester. Additional Dining Dollars may be added anytime!
- This plan offers $500 Dining Dollars per semester. Additional Dining Dollars may be added anytime!

Build Your Own Meal Plans
- This Meal Plan offers a combination of meals and Dining Dollars (with the exception of #5 which offers meals only). Meals on these plans are accepted at Clinton, Algonquin, Little A’s, on weekends at the Sundowner, during Late Night and have an equivalency of $7.00 at Subway from 9:00 pm to closing. Dining Dollars may be used at any campus dining facility and Campus Express.

Building Your Own 5 — $300.00/semester
- This plan offers 50 meals only.

Building Your Own 4 — $350.00/semester
- This plan offers 40 meals & $70 Dining Dollars.

Building Your Own 3 — $350.00/semester
- This plan offers 30 meals & $140 Dining Dollars.

Building Your Own 2 — $350.00/semester
- This plan offers 20 meals & $210 Dining Dollars.

Building Your Own 1 — $350.00/semester
- This plan offers 10 meals & $280 Dining Dollars.