

Traditional Meal Plan Fact Sheet - 2009/10

The Premier 19 (\$1,669): offers 19 meals/week to be used in the Dining Hall, Ram's Den, Fireside Bistro, or Wellness Cafe. This plan will be given to any student with less than 25 passed credit hours or who does not indicate a preference on the traditional housing contract.

The Flex 15 (\$1,659): offers 15 meal/week (as above) and \$115 dining dollars that may be used at any Dining Services location. This plan is available to any residential student with passed credit hours above 25.

The Upper Class 12 (\$1,649): offers 12 meals/week (as above) and \$215 dining dollars to be used at any Dining Services location. This plan is available to any residential students with passed credit hours above 56.

The meal plans listed above include 8 bonus meals per semester for family and friends and allow the use of meal equivalency in the Ram's Den, Fireside Bistro, and our new Wellness Cafe.

For questions regarding meal plans, contact Jack Shaw at 304-876-5149 or via e-mail to jshaw@shepherd.edu. Please consult our Web site at www.shepherd.edu/dineweb/ for further information about Shepherd University Dining Services.

2009/10 Hours of Operation:

Dining Hall:

Breakfast 7:15 to 10 a.m. (M-F); Continental 10 to 11 a.m. (M-F)
Lunch 11 a.m. to 2 p.m. (M-F); Soup & Salad 2 to 3:30 p.m. (M-F)
Dinner 4:30 to 7:30 p.m. (M-Th); Dinner 4:30 to 7 p.m. (F-Su)
Brunch 9:30 a.m. to 3 p.m. (Sa and Su)

Ram's Den: Monday to Thursday 7 a.m. to 9 p.m.; Friday 7 a.m. to 3 p.m.
Fireside: Monday to Thursday 7 a.m. to 10 p.m.; Friday 7 a.m. to 4 p.m.
Ram Mart: Sun to Thu 5 p.m. to midnight

Wellness Café hours have not yet been determined but will include hours throughout the day and will offer a great options for West Campus residents!

Meal Transfer Times and Rates:

Breakfast (served 7 to 10:30 a.m.): \$4.40
Lunch (served 1 to 3:30 p.m.): \$5.75
Dinner (served 4 p.m. to closing): \$5.75

You get a 5% Discount on Dining Dollars purchases!