

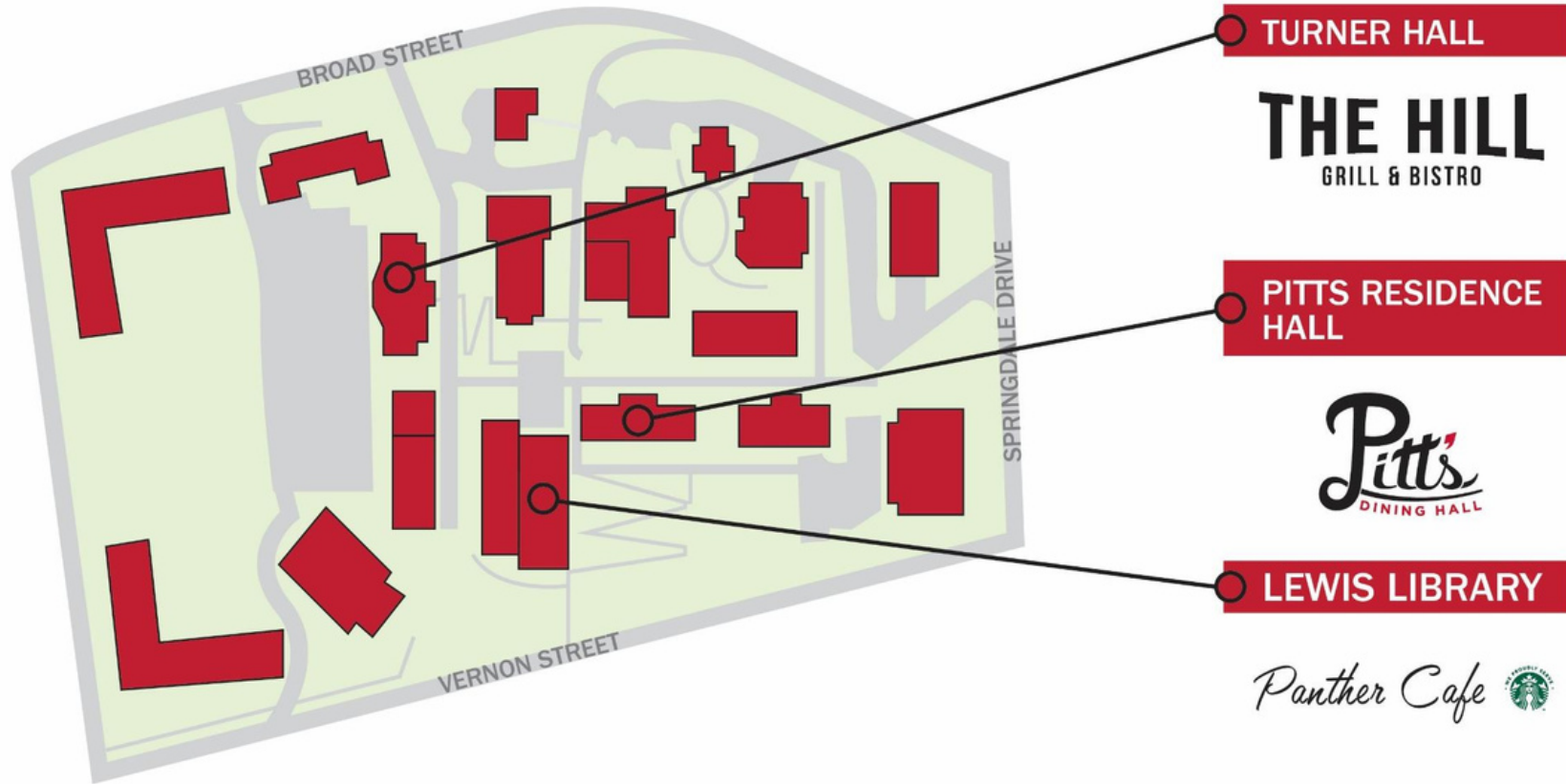


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# LaGrange Dining



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## DINING LOCATIONS MAP



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# Meal Plans

# Meal Plan 101

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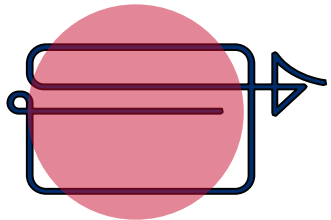


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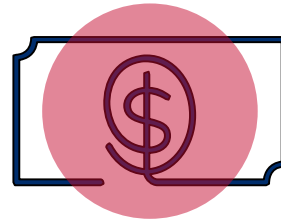
## BENEFITS

- Quality food made fresh by our culinary team, with a variety of menu options personalized the way you like
- Healthy choices available across campus
- Special events with themed meals and exclusive offers for meal plan members
- Casual atmosphere with Wi-Fi, TVs, music and lounge-style seating - perfect for studying or hanging out with friends



## MEAL SWIPES

- Meal Swipes give you access to any of our all-you-care-to-eat location, Pitts Dining Hall



## PANTHER BUCKS

- Panther Bucks may be used at The Hill and Panther Café
- Visit our location page for location information, including dining hall menus and hours of operation



## MEAL EXCHANGE

- Meal Exchange is available for students enrolled on the Unlimited plus, Unlimited, 10 or 5 weekly plans
- Can be used for at meal at participating locations
- Includes specified meals and drinks unique to each location

For more information on meal plans, please visit our Meal Plan 101 page on: <https://lagrange.campusdish.com/MealPlans>

# Meal Plan Options

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## Residents

- Freshman students living in Boatwright, Hawkes, Henry, or Pitts Hall are automatically enrolled in the Unlimited Plus Meal Plan but may select the Unlimited Meal Plan.
- Upperclassmen students living in Candler, Turner, Hawkins Hall, Fraternity, & Sorority Houses are automatically enrolled in the Unlimited Meal Plan but may select the Unlimited Plus or 10 Weekly Meal Plan.
- Upperclassmen students living in Broad Street Apartments are automatically enrolled in the 5 Weekly meal plan, but may select the Unlimited Plus, Unlimited or 10 Weekly Meal Plan.

## Commuters

- Undergraduate students commuting to campus are automatically enrolled in the \$100 Commuter Panther Bucks, but may upgrade to the Block 50 or 25 meal plans
- Visit The Business office in the Banks Building to sign-up or upgrade your commuter plan.

Changes to meal plan selections can be made before the end of Drop/Add of the Fall Semester and the Spring Semester; please review the College Calendar for the Drop/Add dates.

# Meal Plan Options - Residents

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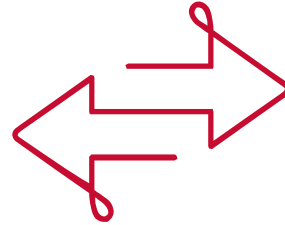


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## UNLIMITED PLUS

- Unlimited meal swipes
- \$150 Panther Bucks
- 75 meal exchanges/semester



## UNLIMITED

- Unlimited Meal Swipes
- \$50 Panther Bucks
- 50 meal exchanges/semester



## 10 WEEKLY

- 10 meal swipes/week
- \$100 Panther Bucks
- 40 meal exchanges/semester



## 5 WEEKLY

- 5 meal swipes/week
- \$50 Panther Bucks
- 75 meal exchanges/semester

# Meal Plan Options - Commuter

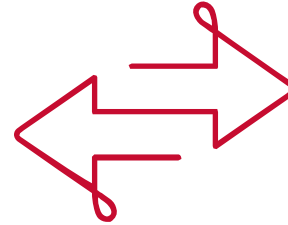


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## **BLOCK 50**

- 50 meal swipes/semester



## **BLOCK 25**

- 25 meal swipes/semester



## **PANTHER \$100**

- \$100 Cougar Cash

For more information on meal plans, please visit our Meal Plan 101  
page on: <https://lagrange.campusdish.com/MealPlans>



# FUELING CONCEPTS

Panther Performance is based on The Eat to Excel platform which utilizes carbohydrates, protein, and color to fuel activities like pre-season training, fueling for competition, muscle recovery and hydration.

## CARBOHYDRATES:

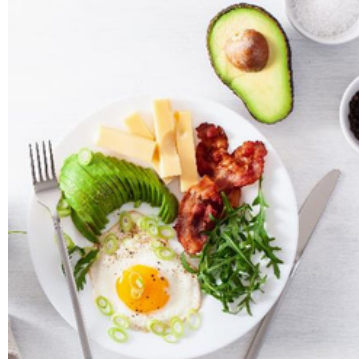
- Focus on whole grain sources

## PROTEIN:

- 15g avg. /serv. with a focus on with lean meats

## COLORS:

- Variety of fruits & vegetables with emphasis on deep colors



ITEM IDENTIFIERS

**PANTHER**  
PERFORMANCE

**PROTEIN**

Fueling the Student  
and the Athlete

SCAN TO LEARN MORE



EAT-EXCEL

**PANTHER**  
PERFORMANCE

**CARBS**

Fueling the Student  
and the Athlete

SCAN TO LEARN MORE



EAT-EXCEL

**PANTHER**  
PERFORMANCE

**COLOR**

Fueling the Student  
and the Athlete

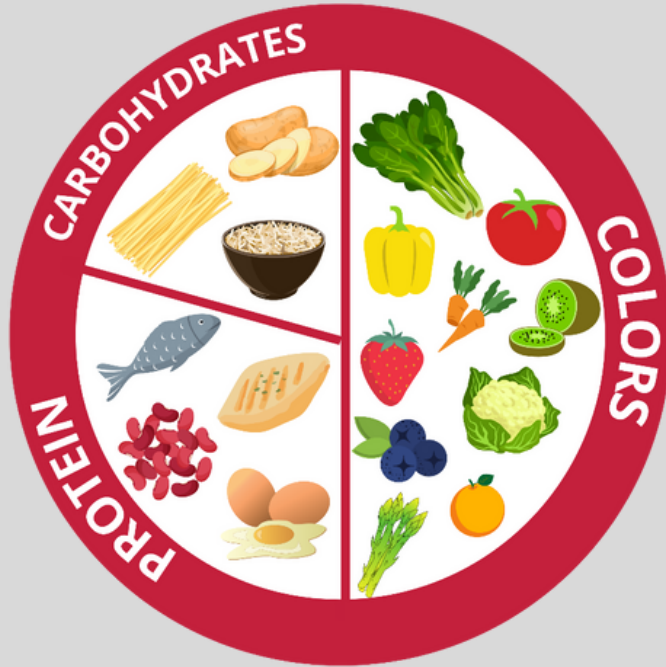
SCAN TO LEARN MORE



EAT-EXCEL

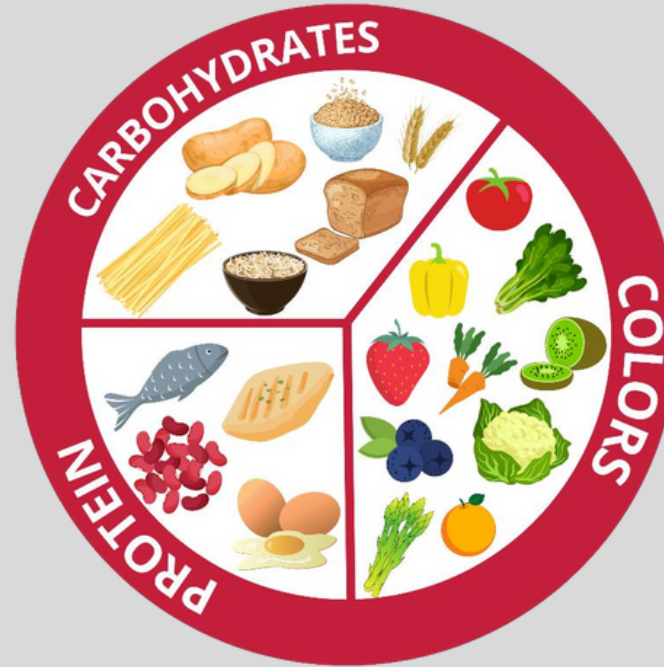


# ATHLETE'S PLATE™



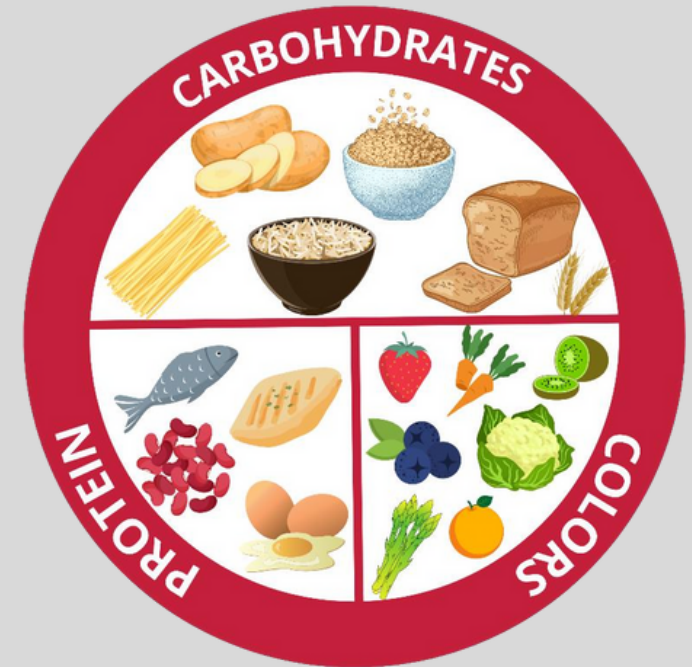
## EASY TRAINING

**Carbs:** 25%  
**Protein:** 25%  
**Colors:** 50%



## MODERATE TRAINING

**Protein:** 25%  
**Carbs:** 35%  
**Colors:** 40%



## HARD TRAINING

**Protein:** 25%  
**Colors:** 25%  
**Carbs:** 50%

\*Plate estimated percentages per training category

# Food Allergens and Special Diets

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**Most students who have medically confirmed food allergies can eat from our dining locations!**

## Student Allergen Resources

- We work with campus staff to address food allergens or special diet requests
- Access to one-on-one counseling with a Registered Dietitian
- On-site team relationships
- Daily menus and nutritional information is available in locations as well as on our website

If you have an allergen or special dietary need, please visit [lagrange.campusdish.com](http://lagrange.campusdish.com) for more information.





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# Questions?

**FOR MORE INFORMATION  
PLEASE VISIT OUR  
ORIENTATION PAGE ON:**

[lagrange.campusdish.com](https://lagrange.campusdish.com)



**@lagrangedining**