Let’s talk food!
Video
Dining Services Locations

1. Union Market
2. Freshens/ Elm Street Coffee
3. Panda Express
4. Global Cuisine
5. Tawanka Business Office
6. Einstein Bros Bagels
7. The Roost
8. Eagle Store Café
9. Concessions
10. Thomas Hammer*
11. Aladdin’s Egyptian Food*

*Dining & Catering Services
Eastern Washington University

*À la cart & Flex not accepted at these locations
# Meal Plan Options:

<table>
<thead>
<tr>
<th>Plan</th>
<th>Cost</th>
<th>Terms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Platinum Plan</strong></td>
<td>$5,815/Year</td>
<td>Fall-$2,055, Winter-$1,880, Spring-$1,880</td>
</tr>
<tr>
<td>F</td>
<td>155,500</td>
<td>$25</td>
</tr>
<tr>
<td>W</td>
<td>137,500</td>
<td>$25</td>
</tr>
<tr>
<td>S</td>
<td>137,500</td>
<td>$25</td>
</tr>
</tbody>
</table>

| **Gold Plan** | $5,200/Year | Fall-$1,830, Winter-$1,685, Spring-$1,685 |
| F          | 132,500  | $25           | 5 |
| W          | 118,000  | $25           | 5 |
| S          | 118,000  | $25           | 5 |

| **Silver Plan** | $4,585/Year | Fall-$1,595, Winter-$1,495, Spring-$1,495 |
| F         | 109,000  | $25           | 5 |
| W         | 99,000   | $25           | 5 |
| S         | 99,000   | $25           | 5 |

| **Bronze Plan:** | $4,015/Year | Fall-$1,405, Winter-$1,305, Spring-$1,305 |
| F         | 90,000   | $25           | 5 |
| W         | 80,000   | $25           | 5 |
| S         | 80,000   | $25           | 5 |

### À la Carte
À la carte is a prepay system that allows you to purchase items at any Dining Services location without tax.
- You can add À la carte to your current meal plan any time. Call (500) 380-6184 or visit the Towanda Business Office.
- À la carte discounts are offered at several dining locations on campus.
- À la carte credit is based on quarter and expires June 14, 2020.

### Eagle Flex
A flex account is a prepaid, dish-like feature on your Eagle Card. It can be used at locations on and off campus. A flex account can be opened by anyone with a current Eagle Card.
- How can you add money?
  - www.edu/myeaglecard 24/7
  - Towanda Business Office (120)
  - 10904853-6199
- Flex carries over year to year and expires two years after the account has no activity.

### Special Event Credits
Special event credits are good for Sunday Brunch and any Dining Services special event that is held on campus each quarter. All meal plans receive 5 special event credits to use each quarter.
- Special Event Credits expire at the end of each quarter.
New students living in housing during the 2019-2020 academic year are **required to purchase one of the four Dining Services Meal plans** – Bronze, Silver, Gold or Platinum – as part of their housing and dining contract.

Residents who lived in EWU housing during the 2018-2019 academic year may **opt out of a Dining Services meal plan**.

You choose the dining level you believe will meet your needs.

After current meal plan has been activated, changes can be made for the next quarter.

Only one meal plan change will be accepted per quarter.

### Meal Plan À La Carte Discounts:

<table>
<thead>
<tr>
<th>Meal Plan Locations</th>
<th>Discount</th>
<th>Tax</th>
<th>Total Discount over cash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Street Dining (Tawanka)</td>
<td>15%</td>
<td>8.90%</td>
<td>23.90%</td>
</tr>
<tr>
<td>Union Market</td>
<td>15%</td>
<td>8.90%</td>
<td>23.90%</td>
</tr>
<tr>
<td>The Roost</td>
<td>15%</td>
<td>8.90%</td>
<td>23.90%</td>
</tr>
<tr>
<td>Eagle Store Café</td>
<td>10%</td>
<td>8.90%</td>
<td>18.90%</td>
</tr>
<tr>
<td>Freshens/ Elm St.*</td>
<td>0%</td>
<td>8.90%</td>
<td>8.90%</td>
</tr>
<tr>
<td>Global Cuisine</td>
<td>0%</td>
<td>8.90%</td>
<td>8.90%</td>
</tr>
<tr>
<td>Panda Express*</td>
<td>0%</td>
<td>8.90%</td>
<td>8.90%</td>
</tr>
<tr>
<td>Einstein Bros Bagels*</td>
<td>0%</td>
<td>8.90%</td>
<td>8.90%</td>
</tr>
</tbody>
</table>

*Franchise Operations Restrict Price Discounting
Food Nutrition and Wellness

Natalie Stine, RD
nstine@ewu.edu

“Put your best fork forward”

Allergies & Intolerances

- EWU Dining Services does not use peanut or tree nut products in the production of foods. (Franchise not included)
- Dedicated shopping section for allergy friendly foods located in the Union Market 2nd floor of the PUB.
- Allergen friendly menu at The Roost
- Top 8 food allergens, Pork, Vegan or Vegetarian notated on all menus.

Dietary Needs

Dining Services is here for you and has employed a Registered Dietitian to assist students with special dietary concerns on campus.
• Fresh Baked Artisian Bread each week.
• Fresh produce from local sustainable partners.
• Able to use A La Carte, Flex, Cash, Credit/Debit.
Your EagleCard is your multi-purpose on-campus ID card. Use it to access your Meal Plan as well as other campus services. Visit ewu.edu/eaglecard for more info. To add money to your Eagle Flex account or to check your balances of A La Carte or flex visit ewu.edu/myeaglecard.

You can pick up your EagleCard at The Tawanka Business Office.
Avoid line by placing your order ahead of time! Simply download the Tapingo app on your smart phone to use; À La Carte, Eagle Flex or a credit card to place your order!
**Thinking of You (T.O.Y.)**

- Something special for a loved one
- **Free** on campus delivery
- Variety of creative gifts for many occasions
- List of gift choices available at ewu.edu/TOY
- First delivery date, September 25th, 2019
- To order a TOY package call (509)359-2836
Search for opportunities with Dining Services via Handshake.
Dining & Catering Services is one of the largest employer’s on campus at EWU.
We offer a variety of positions throughout our eight dining locations & business offices to include: cashiers, baristas, office assistants, chef’s, food workers and warehouse workers.
Thank You!

Visit us during Spot Light for a chance to win a 5000 point Dining A La Carte gift card.

FOR MORE INFORMATION
Website: ewu.edu/dining

@EWUDiningServices  @ewudiningservices  @ewudining120  @EWUDining120