



Help with Choosing a Meal Plan

We're at Your Service

How do I choose my meal plan?

To choose a meal, you'll need to consider your eating habits.

- How many meals will you eat on campus each week?
- How many meals will you eat in Resident Dining?
- How many meals will you eat at the other Retail dining facilities on campus?
- How many snacks and beverages will you eat on the run?

The example below can help you think about your eating preference. Use this as a guide to determine your meal plan needs and eliminate the guesswork in choosing a meal plan for you or your student. Visit www.bengaldining.com for more information on Dining Services.

Estimate of Meals in Resident Dining	Example	Your Calculation
1. # breakfasts per week	3	
2. # lunches per week	3	
3. # dinners per week	5	
4. Total meal per week (add lines 1 through 3)	11	
5. Multiply total from line 4 x 15 (approx. weeks per semester). This is the estimated number of meals needed for resident dining per semester.	165	

Estimate of Flex Dollars Spending	Example	Your Calculation
1. \$ spent per week on coffee, snacks, soda, etc. =	\$10.00	
2. \$ spent per week in Retail Food Court =	\$20.00	
3. Total \$ spent on meals per week = (add lines 1 through 3)	\$30.00	
4. Multiply total from line 4 x 15 (approx. weeks per semester). This is the estimated number of flex dollars needed per semester.	\$450.00	
Based on the example above, you might select The Flex Meal Plan which offers 11 meals weekly in resident dining and \$450 Flex dollars for Retail or Resident Dining spending.		

All of the Board meal plans include \$50 Bengal Bucks which can be used in the Bookstore, vending machines, to buy tickets on campus or printing and copying on campus as well as purchase food from dining services. *Important to remember: Bengal Bucks are taxable while flex dollars are not.*

