



# ULTIMATE MEAL PLAN GUIDE

 VOL DINING

# WELCOME TO THE UNIVERSITY OF TENNESSEE

We're thrilled to have you as part of our vibrant campus community. At UT, dining is more than just a meal; it's an experience designed to nourish your body, mind, and spirit. Our meal plans offer a variety of delicious and nutritious options to suit every taste and lifestyle. From hearty Southern classics to fresh, healthy choices, you'll find something to satisfy your cravings at every turn.

Our dining locations are conveniently spread across campus, making it easy to grab a quick bite between classes or enjoy a leisurely meal with friends. We can't wait for you to explore all the delicious possibilities and make the most of your dining experience here at Rocky Top.

Welcome to Vol Dining and Go Vols!



**My favorite things about  
Vol Dining are that it's  
convenient, walkable, and  
there are lots of options.”**

**- Meal Plan Student**





# WHAT'S ON YOUR PLATE?



## DINING HALLS

We are pleased to offer two dining halls on campus, Rocky Top Dining Hall and Stokely Fresh Food Company, where students can meet, connect, and relax. Dining halls provide convenience with flexible hours to accommodate different schedules and seamlessly integrate with meal plans, offering value and a variety of dining experiences throughout the week.

Each semester brings a variety of fun, interactive themed events incorporating menus, music and décor helping students to experience food in a new way and create memories to last a lifetime.





## CASUAL RESTAURANTS

Find your favorite national brands alongside local and new concepts unique to Rocky Top. Vol Dining provides nearly 20 casual restaurants on campus featuring a variety of cuisines, from international to classic comfort foods. Additionally, many of these locations offer vegetarian, vegan, and gluten-free choices to accommodate diverse dietary preferences and restrictions.







# CONVENIENCE ON THE GO

## P.O.D. MARKETS

Explore our P.O.D. Markets for a seamless meal planning experience, featuring a curated selection of grab-and-go items, groceries, snacks, beverages, and residence hall must-haves, making campus living hassle-free.

## FOOD TRUCKS

Vol Dining offers a rotation of local food trucks as part of the meal plan, which ensures you have access to delicious and diverse food options wherever you're on campus.

Food trucks compliment on-campus dining options and add an element of culinary adventure to the university experience. Students may purchase meals using their Dining Dollars, Flex, or VolCard.





# CHOOSE YOUR MEAL PLAN

## MEAL SWIPES

Use your meal swipes at one of our two all-you-care-to-eat dining halls, Rocky Top or Stokely, and at the Southern Kitchen, an a-la-carte restaurant in Vol Hall.

## DINING DOLLARS

Dining Dollars are a declining balance account, like a pre-paid debit card, that comes with your meal plan and may be used at all Vol Dining locations. They can be reloaded anytime!

## CASH EQUIVALENCY

For added flexibility, you may use a cash equivalency meal swipe each meal period (breakfast, lunch, and dinner) in exchange for a visit to a dining hall.

Cash Equivalency Rates:      Unlimited Plans = \$5.50      Weekly & Block Plans = \$8.00

## MEAL PLAN PERIODS

**BREAKFAST**  
Open-10:30am

**LUNCH**  
10:30am-4:30pm

**DINNER**  
4:30pm-Close



**FRESHMAN  
DEFAULT PLAN**

**ALTERNATE  
FRESHMAN PLAN**

**TENNESSEE  
UNLIMITED 7  
\$2,493**

Unlimited meals per semester

\$300 dining dollars

5 guest meals

Best plan for living on campus

**TENNESSEE  
UNLIMITED 5  
\$2,493**

Unlimited meals  
Monday-Friday

\$400 dining dollars

5 guest meals

Great option if you are  
away on weekends

Freshmen living on campus are required to choose either the Tennessee Unlimited 7 or the Tennessee Unlimited 5 Meal Plan. Freshmen living on campus will automatically be assigned the Tennessee Unlimited 7 Meal Plan if no meal plan is selected, but may change to the Tennessee Unlimited 5 Meal Plan within the first 28 days of school.

## UPPERCLASSMEN & COMMUTER PLANS

**TENNESSEE WEEKLY 7 PLAN | \$1,806**

7 meals per week | \$500 Dining Dollars | 5 guest meals

**VOL BLOCK 100 | \$1,217**

100 meals per semester | \$150 Dining Dollars | 5 guest meals

**VOL BLOCK 75 PLAN | \$973**

75 meals per semester | \$150 Dining Dollars | 5 guest meals

**VOL BLOCK 50 PLAN | \$893**

50 meals per semester | \$300 Dining Dollars | 5 guest meals

**DINING DOLLAR PLUS | \$1,000**

All Dining Dollars | 8 guest meals | Valid at all Vol Dining locations

**DINING DOLLAR PLAN | \$600**

All Dining Dollars | 5 guest meals | Valid at all Vol Dining locations

### ITEMS TO NOTE

\*Based on University of Tennessee Trustees Board Approval (June 2024).

\*Meals, Dining Dollars and Guest Meals are prices per semester.

All meal plans are a two semester commitment.

\*Sales tax will be added to off-campus meal plans.

\*For terms & conditions, go to [dining.utk.edu](https://dining.utk.edu).

# HEALTH AND WELLNESS



## DIETITIAN SERVICES

Vol Dining offers a range of support to help students maintain healthy eating habits and address specific dietary needs. Provided services help students make informed food choices and promote overall health and well-being.

### SERVICES INCLUDE:

**NUTRITIONAL  
COUNSELING**

**EATING  
DISORDER  
SUPPORT**

**MEAL  
PLANNING**

**NUTRITION  
WORKSHOPS**

**FOOD ALLERGY  
& SENSITIVITY  
MANAGEMENT**

**WELLNESS  
PROGRAMS**



## VOL DINING DIETITIAN

**Tatyana Kimble | MS, RDN, LDN**

Tatyana provides individualized nutrition counseling, specializing in guidance for food allergies and specialty diets, medical nutrition therapy, weight management, and performance nutrition to students and the campus community.

Vol Dining also offers one-on-one and group nutrition education sessions in collaboration with other campus partners.

To set up a consultation or for questions, email [volnutrition@utk.edu](mailto:volnutrition@utk.edu).





## ALLERGEN SOLUTIONS

For students with an allergen-specific need, Vol Dining is here to help you navigate your dietary needs. Rocky Top Dining Hall and Stokely Dining Hall are both nut-free, serve Halal chicken, and offer a variety of vegan, vegetarian, and gluten-friendly options.

Rocky Top Dining Hall houses a specialized allergen station, True Balance, which eliminates the top nine allergens (peanuts, tree nuts, fish, shellfish, gluten/wheat, soy, eggs, dairy, and sesame).

## true balance

everything you want nothing you can't



no wheat  
no gluten



no tree nuts



no soybean



no shellfish



no eggs



no sesame



no peanuts



no milk



no fish





# MAKE ORANGE GREEN

## SUSTAINABLE DINING

Vol Dining is committed to implementing sustainable practices across campus to minimize our environmental impact while delivering high-quality dining experiences. Vol Dining works with and follows the sustainable mission of the University of Tennessee, incorporating sustainable practices into the dining locations across campus.

### Local Sourcing

Sourcing products within a 250-mile radius and from within the state of Tennessee available across all Vol Dining locations.

### Eco-to-Go Containers

Reusable to-go containers are available for take-out in the dining halls to reduce landfill waste and increase convenience.

### UT Beef

Locally grown beef is prepared and served in the dining halls and Big Orange Grill in partnership with UT's Northeast Tennessee AgResearch and Education Center in Greeneville, TN.

### The Mug Project

Use your personal reusable beverage container (up to 24 oz.), receive a discount on your purchase, and help eliminate unnecessary campus waste.



# TECHNOLOGY IN ACTION



## GRUBHUB

Take advantage of convenient ways to dine on and off campus with Grubhub. Order from the app and pick it up on your way from class, or have a Starship robot deliver it!

## STARSHIP ROBOTS

Robot delivery works in conjunction with Vol Dining through the Grubhub app.

This service functions with the student meal plan, so VolCard, Dining Dollars, or Flex Dollars are accepted as payment along with debit and credit cards.



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**@voldining**

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**dining.utk.edu**



**voldining@utk.edu**



**865.974.4111**



**VOL DINING**