**Hey Vols - here is what is included in your MEAL PLAN!**

1. **Visits to Our All-You-Care-to-Eat Dining Halls** (The Fresh Food Company at Stokely or PCB Cafe at Presidential Court)

   **OR**

   Meals at Southern Kitchen at Vol Hall

2. **Meal Equivalency in Place of Dining Hall Visits for a Meal Period**

   **BREAKFAST (7AM–10:30AM)**
   - DUNKIN DONUTS
   - MABEL’S
   - P.O.D MARKETS

   **LUNCH (10:30AM–4:30PM)**
   - DIPPERS
   - MABEL’S
   - P.O.D MARKETS
   - QUIZNO’S

   **DINNER (4:30PM–8:30PM)**
   - DIPPERS
   - QUIZNO’S
   - STARBUCKS
   - CHICK-FIL-A
   - QDOBA
   - EINSTEINS
   - TWISTED TACO
   - SUBWAY
   - P.O.D MARKETS
   - STEAK N’ SHAKE
   - PANDA EXPRESS
   - RAISING CANE’S
   - RISING ROLL

   **LATE NIGHT (8:30PM–1AM)**
   - P.O.D MARKETS (HODGES & STOKELY ONLY)

   *Meal Equivalency and Meals in the Dining Halls Cannot be Used in the Same Meal Period*

   **P.O.D Market Equivalency is valid for the combo of grab n’ go item, side item, and drink listed in the locations, not limited to the credit amount**

3. **Dining Dollars to be Used at Any Location Across Campus, at Any Time**