

DINING AT CAROLINA:

Choose your meal plan today-
Three easy ways to sign up:

1. Visit onecard.unc.edu
2. Call 1.800.UNC. MEAL
3. Visit dining.unc.edu

HERE'S HOW IT WORKS:

Pre-paid Meals

+

Dining Flex

You choose how many all-you-care-to-eat breakfast, lunch, and dinner meals you want to eat in our Residential Restaurants per week or per semester, and include them in your plan.

You choose how many additional dollars, if any, you want to have for the semester. Dining Flex supplements your Meal Plan and can be used at all Carolina Dining Services' locations and online delivery.

Depending on your financial aid package, you can apply money that you were awarded to your Meal Plan, including your dining flex account

CHOOSE THE PLAN THAT FITS:

Unlimited Meal Plan

Give you the most flexibility in our all-you-care-to-eat Residential Restaurants. You get the value of a Value Plan and the flexibility of a Block Plan. With the Unlimited Plan, you may use as many meals per week as you choose at Rams Head or Top of Lenoir (one meal per 15 minute interval) and have guaranteed meals throughout the semester. The Unlimited Plan is non-transferable and may only be used by the meal plan participant.

Unlimited all-you-care-to-eat meals each week
\$1,815 per semester
Approx. \$4.73 per meal

Value Meal Plans

Offer a set number of meals per week at Rams Head Dining Hall or Top of Lenoir Dining Hall. You are guaranteed this number of meals each week from the first day of class to the last day of exams, subject to the university holiday and break schedule, with no stress about running out. We serve up to 24 meal periods each week and you may select a plan that meets your lifestyle best. Unused meals do not carry forward to the next week. Value Plans are non-transferable and may only be used by the Meal Plan Participant.

Value 14
14 all-you-care-to-eat meals per week | \$1,675 per semester
Approx. \$6.92 per meal

Value 10
10 all-you-care-to-eat meals per week | \$1,360 per semester
Approx. \$7.56 per meal

Value 8
8 all-you-care-to-eat meals per week | \$1,130 per semester
Approx. \$7.85 per meal

Block Meal Plans

Offer flexibility with a specific number of meals per semester that can be used at Rams Head Dining Hall or Top of Lenoir Dining Hall. You decide how many meals to eat each day or week. You may even treat friends or family to meals with the Block Plan. Unused meals at the end of the semester do not carry forward to the next semester.

Block 200
200 all-you-care-to-eat meals per semester | \$1,610 per semester
Approx. \$8.05 per meal

Block 160
160 all-you-care-to-eat meals per semester | \$1,416 per semester
Approx. \$8.85 per meal

Block 120
120 all-you-care-to-eat meals per semester | \$1,128 per semester
Approx. \$9.40 per meal

NUTRITION QUESTIONS OR SPECIAL DIETARY NEEDS

If you have special dietary needs, food allergies or health questions related to dining on campus, please contact our Registered Dietitian. Our Dietitian can answer any question you have by e-mail, and is available to personally meet with you to develop a personalized nutrition plan to help balance your busy class schedule with a healthy diet. To make an appointment with the Carolina Dining Services Registered Dietitian, email Nutrition@dining.unc.edu or call 919.843.6294.

NOT LIVING ON CAMPUS?

Commuter Block and Flex Meal Plans

Available to off-campus students and students living in Ram Village, Baity Hill, Odum Village and Granville Towers. These plans are designed to meet the needs of off-campus students while offering the advantages of dining on campus. For more information on Commuter Block and Flex Plans, visit us at www.dining.unc.edu.