



DINING SERVICES
FRESH. HEALTHY. DELICIOUS.

meal exchanges @ the snack bar

breakfast #1

bagel, muffin or cereal
fresh whole fruit
12oz coffee or 16oz juice

breakfast #2

yogurt
Nutri-grain® Bar
or fresh whole fruit
12oz coffee or 16oz juice

breakfast #3

Dannon® blendable
12oz Coffee or 16oz Juice

soup & salad

regular soup
small side salad
16oz fountain soda

sandwiches

kaiser, bagel or boxed sandwich
Lays® chips, Spunkmeyer® cookies,
Jell-O® cup or veggie cup
16oz fountain soda

hot stuff to go

lunch or dinner entree
16oz fountain soda

salads

chicken caesar or greek salad
16oz fountain soda



meal exchanges are available in place of a meal in the Dining Commons

There is a limit of 1 meal or meal exchange per period*

*exceptions will be granted for customers that have documented class, work or internship schedules that do not allow for dining during normal hours. Please visit the Dining Services Office with a copy of your schedule or email it to us at dining@framingham.edu

BREAKFAST
9:00am - 10:45am
LUNCH
10:45am - 3:30pm
DINNER
3:30pm - midnight



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meal exchanges @ the marketplace

pizzeria collina

cheese pizza or pepperoni pizza
side Caesar or garden salad
or fresh whole fruit
16oz fountain soda

state street deli

sandwich of your choice
or
hummus & tabouleh wrap
Lays® chips or fresh whole fruit
16oz fountain soda

the fire pit

chicken lo mein
or
tofu fried rice
veggie eggroll
16oz fountain soda



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meal exchanges @ the ram's den grille

breakfast #1

sunrise sandwich
french toast sticks
cheese omelet
(choose one of the above)
breakfast potatoes
or fresh whole fruit
12oz coffee or 16oz juice

breakfast #2

2 eggs
bacon or sausage
breakfast potatoes
or fresh whole fruit
12oz coffee or 16oz juice

lunch, dinner or late night

chicken tenders (3 piece)
cheese quesadilla
cheeseburger
chickpea & couscous burger
chicken patty sandwich
grilled chicken sandwich
(choose one of the above)
small french fry
or fresh whole fruit
16oz fountain soda



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