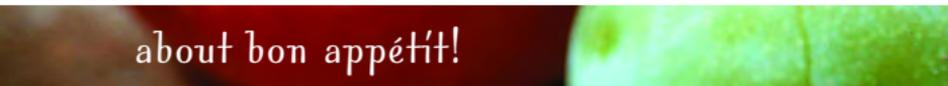




meal plans
for your real world

whitman college
2012 – 2013





about bon appétit!

Bon Appétit

The way you'd cook if you had the time.

As Whitman's food service provider, Bon Appétit believes in serving only the freshest food. Food that is prepared from scratch, using authentic ingredients. Food that is alive with flavor, nutrition, and is created in a socially responsible manner. We have pledged to take a stand on many issues surrounding our food supply. We believe this responsibility is integral to our value as food providers. We are partners in creating a better world.

The Meal Plans

Bon Appétit meal plans are designed to provide access to more than enough meals for the typical college student. The plans are listed in the order of the highest flexibility and value. Most students may choose from three different meal plans.

Most students will find that Plan A offers them the greatest flexibility and choice, Plan B is an excellent plan that is centered on eating in the dining halls. Plan C offers the best possible value with the most meals if you are able to have all your meals in a dining hall during normal hours of operation. For meal planning purposes, the fall semester usually has 104 board days and the spring semester has 112.

plan A: the ultimate flex block plan

The Ultimate Flex Block Plan is the most flexible and popular meal plan available for Whitman College students. For those with a busy schedule, it offers the ability to eat most meals in the dining halls or enjoy meals during a more convenient time in Café '66 in Reid Center. This plan allows you to eat any of your 160 dining hall meals (Prentiss, Jewett, and Lyman dining halls) out of the 330 meals offered over the course of the semester, averaging 10 dining hall meals per week. In addition, the plan includes \$500 Flex Dollars.

Meals and Flex Dollars may only be used for the benefit of the cardholder and are not transferable to others. Only Flex Dollars remaining at the end of the fall semester will carry over to the spring semester. Meals and Flex Dollars remaining at the end of the spring semester will not carry over to the following year and are not refundable. Students may purchase additional Flex Dollars in \$50 increments at www.whitman.edu/bon_appetit

COST: \$2,950.00 PER SEMESTER

Additional options to the Ultimate Flex Block Plan include:

- Plan A + \$150 extra Flex Dollars – Total: 160 meals plus \$650 Flex Dollars per semester (\$3,100 per semester)
- Plan A + \$300 extra Flex Dollars – Total: 160 meals plus \$800 Flex Dollars per semester (\$3,250 per semester)



plan B: the flex block plan

The Flex Block Plan allows you to eat any 220 dining hall meals out of the approximately 330 meals offered over the course of the semester. This is an average of 14 meals per week at the dining halls. In addition, the plan includes \$150 Flex Dollars. Without the purchase of additional Flex Dollars, this plan should not be purchased by athletes, debaters, members of musical ensembles, or any others with busy schedules that may prevent students from coming to the dining hall during regular meal times.

Meals and Flex Dollars may only be used for the benefit of the cardholder and are not transferable to others. Only Flex Dollars remaining at the end of the fall semester will carry over to the spring semester. Meals and Flex Dollars remaining at the end of the spring semester will not carry over to the following year and are not refundable. Students may purchase additional Flex Dollars in \$50 increments at www.whitman.edu/bon_appetit

COST: \$2,840.00 PER SEMESTER

Additional options to the Flex Block Plan include:

- Plan B + \$150 extra Flex Dollars – Total: 220 meals plus \$300 Flex Dollars per semester (\$2,990 per semester)
- Plan B + \$300 extra Flex Dollars – Total: 220 meals plus \$450 Flex Dollars per semester (\$3,140 per semester)



plan C: the traditional plan

The Traditional Plan provides students with access to 21 “all you can eat” meals per week in Prentiss, Jewett, and Lyman dining halls (about 330 meals per semester). Offering a tremendous value with access to every dining hall meal time offered, you are able to use the meal plans during regular dining hall hours only. The participants of plan C have access to one meal at every meal period, this plan does not offer guest privileges.

and once a meal period has passed the meal missed has no value to the student. Students on this plan must use Flex Dollars or cash to eat at any other campus locations such as the Café 66.

COST: \$2,840.00 PER SEMESTER

Additional options to the Traditional Plan include:

- Plan C + \$150 extra Flex Dollars – Total: 21 meals per week plus \$150 Flex Dollars per semester (\$2,990 per semester)
- Plan C + \$300 extra Flex Dollars – Total: 21 meals per week plus \$300 Flex Dollars per semester (\$3,140 per semester)

plan D: the north hall block plan

The North Hall Block Plan is tailored to students living in North Hall, or those who have already completed their college residency requirements and choose to remain in campus housing where a meal plan is required. This plan allows you 160 dining hall meals out of the 330 meals offered over the course of the semester. Meals remaining at the end of the semester will not carry over and have no value. Meals may only be used to benefit the cardholder and are not transferable to others. Students may add the flexibility of using the café or espresso locations to this plan by adding Flex Dollars in \$50 increments at www.whitman.edu/bon_appetit

COST: \$2,190.00 PER SEMESTER

Additional options to the North Hall Block Plan include:

- Plan D + \$150 extra Flex Dollars – Total: 160 meals plus \$150 Flex Dollars per semester (\$2,340 per semester)
- Plan D + \$300 extra Flex Dollars – Total: 160 meals plus \$300 Flex Dollars per semester (\$2,490 per semester)

flex dollars: convenience & value

The purchase of Flex Dollars as part of a meal or separately, allows students to dramatically enhance the everyday flexibility of eating choices. Flex Dollars may be spent on regular "all you care to eat" meals in any of the dining halls or spent at Café '66 or Café '41 at the Library. In addition to flexibility, Flex Dollars offer great value being that they are not subject to the 8.9% Washington State sales tax.

HOW DO I ADD FLEX DOLLARS TO MY MEAL PLAN?

All students may make additional deposits of Flex Dollars at any time during the semester by going online at: www.whitman.edu/bon_appetit and selecting "Add Flex Dollars". Deposits can be made in \$50 increments and will be charged to your student account.

WHAT IF I HAVE A FOOD ALLERGY OR MEDICAL CONCERN?

Some students have allergies to certain foods or have verifiable medical conditions that require special diets, meal times or the exclusion of certain food items from their diet. We regularly accommodate these students by working with them on an individual basis to develop a plan that will enhance their daily diet needs. Examples of medical conditions we have been able to provide dietary accommodations for include: lactose intolerance, shellfish, nuts, wheat, gluten and soy allergies, diabetes, Crohn's Disease, Celiac Disease, Diverticulitis and Gastro Intestinal Reflux Disease. Students who feel they will benefit from this type of accommodation should contact their Café Manager at any Dining Hall as well as consulting with the Health Center.

meal plan requirements

At Whitman, living in a residence hall also creates a requirement that a student be on a meal plan. Below are a few guidelines :

- Only residents of Community Service House, College House and Juniors or Seniors living in Marcus House are permitted to live in campus housing and not be on a meal plan.

- Four semesters of on-campus living is required.
- All students may select from Plan A, B or C and if desired may customize the Flex Dollars associated with each of these plans to best suit their individual needs.
- Students required to be on a meal plan may not purchase Flex Dollars only, they can only be purchased in conjunction with a meal plan option or in addition to.
- Students who have satisfied the requirement to live on campus four semesters and choose to remain in campus housing, and residents of North Hall, have the additional option of Plan D. Residents of Tamarac House have the option of choosing from plans A, B, C, D & T but must be on a meal plan. Plan T consists of \$1,100 Flex Dollars without any meals. Both plan D & T are not available to everyone and have restrictions as to class standing or specific on-campus residence.
- Should a student fail to select their own meal plan they will be assigned Meal Plan B, Plan D if living in North Hall; Plan T if living in Tamarac House).

meal plan selection

To select your Whitman College Bon Appétit meal plan, please visit our website at www.whitman.edu/bon_appetit. Click on 'Meal Plan Selection Form' and choose your meal plan based on your living arrangement and student status. Please click only once when submitting your meal plan. If you need to change your meal plan after you have submitted your request, please repeat the above process choosing the correct meal plan. Changes may be made to meal plans through the first week of class each semester. If you are experiencing difficulties selecting or changing your meal plan contact Erica Peters-Grende, Meal Plan Administrator, at (509) 527-5508 or by email at petersed@whitman.edu

For more information about Bon Appétit or your meal plan selections, please contact Roger Edens, General Manager at (509) 527-5508, email edensr@whitman.edu or visit our website at www.whitman.edu/bon_appetit

PRENTISS DINING HALL

Open 7 days a week, Prentiss Dining Hall is the centerpiece of Whitman dining and is designed to showcase a wide range of flavorful, delicious offerings for breakfast, lunch and dinner. From traditional dishes to imaginative and nutritious vegetarian and ethnic entrees, we will capture and please your taste buds. It is a perfect gathering place and great for those on the go, featuring a wide selection of foods prepared daily. You'll find a salad bar abundant with local, sustainable produce and toppings, healthy choices abound, including freshly prepared sandwiches and made-from-scratch soups.

JEWETT DINING HALL

Open 5 days a week, Jewett Dining Hall is a compliment to our Prentiss Dining Hall offering savory, tasty selections for breakfast, lunch and dinner. From the entrees, to the salad bar to healthy sandwich choices, your cravings will be satisfied every Sunday evening through Friday lunch.

LYMAN DINING HALL

Open 5 days a week, enjoy this quiet, intimate setting for an all-you-care-to-eat concept featuring an abundant salad bar with local seasonal produce and and toppings. Choose from fresh made from scratch soups and an array of authentic entrées.

CAFÉ '66

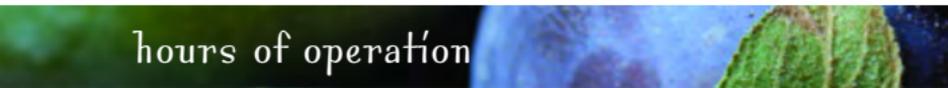
Located in Reid Campus Center is our retail cafe and unofficial gathering point for students and faculty alike. Choose from one of the many foods that are offered daily: House-made pizzas, fresh soups made-from-scratch, Grab and Go Express choices and exhibition cooking station. Do you have a sweet tooth? Try our dessert items.

REID ESPRESSO

Located at the entrance of Reid Center Café, relax and enjoy a freshly made pastry, your morning espresso drink or treat yourself to a scoop of ice cream or a shake with the flavor of your choice.

CAFÉ '41

Café '41 is located in the library, designed for those on the go. Enjoy late night espresso or express Grab and Go sandwich, salad or a variety of hand scooped ice creams.



hours of operation

WEEKDAYS

Breakfast – Monday thru Friday

Prentiss (Full selection)	7:00 am – 9:30 am
Prentiss (Continental)	9:30 am – 10:00 am
Jewett (Full selection)	7:30 am – 9:30 am

Lunch – Monday thru Friday

Prentiss	11:30 am – 12:30 pm
Jewett	11:45 am – 1:00 pm
Lyman	12:00 pm – 12:30 pm

Dinner – Sunday thru Thursday

Prentiss	5:30 pm – 6:30 pm
Jewett	6:00 pm – 7:00 pm
Lyman (Closed Sunday)	6:00 pm – 6:30 pm

WEEKENDS

Continental Breakfast – Saturday and Sunday

Prentiss	8:00 am – 11:00 am
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Brunch – Saturday and Sunday

Prentiss	11:30 am – 1:30 pm
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Dinner – Friday and Saturday

Prentiss	5:30 pm – 7:00 pm
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CAFE '66

Monday – Thursday 10:30 am – 2:00 pm
5:00 pm – 9:00 pm

Friday 10:30 am – 2:00 pm
5:00 pm – 11:00 pm

Saturday Noon – 2:00 pm
5:00 pm – 11:00 pm

Sunday Noon - 2:00 pm
5:00 pm - 9:00 pm

REID ESPRESSO

Monday – Friday 8:45 am – 10:30 pm

Saturday and Sunday 12:00 pm – 11:00 pm

CAFÉ '41

Sunday – Thursday 8:00 pm – 1:00 am

Whitman College
345 Boyer Avenue
Walla Walla, WA 99362
www.whitman.edu/bon_appetit

BON APPÉTIT
MANAGEMENT COMPANY

food services for a sustainable future®

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12-3466

learn how food choices impact the environment,
community and your well being at
www.cafebonappetit.com/whitman

