

Aldi Martinez  
Arcadia University-Meal exchange

At Arcadia University, students have a few options to choose from when they want a meal but cannot make it to the Dining Hall. The Chat is a great option for using that meal exchange option instead of using a meal swipe at the Dining Hall!

The “Three for Me” option from Metz is an easy way to exchange one meal for three food items to count for a meal swipe! Using one meal, students can choose an item from three different categories: an entree, a side, and a fountain drink. The entrees include salads, subs, sandwiches, and wraps, and the sides are chips, baked goods, and fruits!

With a new semester just starting after a Global pandemic and lockdown period in the U.S., a majority of the students at Arcadia have barely experienced a full in-person college experience. So, it's very important that the incoming students and even upperclassmen are made aware of the different variety of food options and meal exchange options available on campus! Only one meal exchange can be used for each meal period. Metz offers special meal combos for meal exchange.

The plan and purpose of the “Three for Me” is for those students who are on the go and don't have time to stand in line at The Chat and order at the kiosk and then wait for their food to be made. It's also for those who have time to sit down and eat at the Dining Hall or The Chat. The “Three for Me” is offered all day long, but it's most popular during lunch and dinner time!

Another option is going to The Chat and deciding to dine there. The Chat has a few kiosks where you can decide what combo you'd like (entree, side and a beverage) for one meal swipe, but those without a meal plan can get that for \$8.25. You can get a cheeseburger, fries and a drink and that counts as one meal! Only one meal may be used per meal period in the Dining Hall or The Chat for meal exchange.

