Loyola Dining Services provides a range of delicious and healthy options with meal plans that nourish your campus experience.

**Choose Less Stress**

**ONLY THE BEST**
Fresh, sustainable, local, and organic are just a few of the quality indicators you’ll find served up every day in our chef-inspired, on-trend menus that always feature vegan, vegetarian, and plant-forward options.

**TOOLS TO THRIVE**
Our team of culinary and nutrition experts are dedicated to delivering well-balanced nutrition, specialized diet options, and complete menu transparency—because you have enough to worry about.

**ALL FOR YOU**
Your satisfaction is our highest priority. Through creating a student-focused culture personalized with special events, tastings, themed menus, and cooking demos, we foster a connected campus community.

More to Explore

**SPECIAL EVENTS**
Our calendar is always bursting with student-focused events that bring the campus community together.

**SUSTAINABILITY**
We strive to minimize our environmental impact and create opportunities for students to join in our efforts.

**NUTRITION**
Our chefs and registered dietitian are trained and eager to assist with any dietary restrictions or concerns each student may have. Our registered dietitian also hosts monthly nutrition events.
**Ace Your Appetite**

College can be demanding so your meal plan should be effortless and on your schedule.

**ALL-YOU-CARE-TO-EAT**

Your appetite will meet its match at Loyola’s Dining locations, which serve only the best in variety and value. Loyola Dining Services offers three all-you-care-to-eat dining halls throughout campus.

**ON-THE-GO**

We know the struggle of balancing everything and getting a good meal. That’s why we offer the best quality and convenience in our dining locations, national brands, and micromarkets.

Reusable containers protect the environment while keeping your meal or beverage fresh and available when you need it.

**ON YOUR SCHEDULE**

Late night hours ensure you can get the fuel you need to tackle tomorrow’s challenges.

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**MEAL SWIPES**

Meal Swipes are used to get into the all-you-care-to-eat dining halls and come with all meal plans.

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**MEAL EXCHANGE**

Meal Exchanges can be used to purchase meals at most campus food venues beyond the dining halls.

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**DINING DOLLARS**

Dining Dollars are included with your meal plan to be used at all locations.

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**Find Your Fit**

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>AVG. MEALS PER WEEK</th>
<th>DINING DOLLARS</th>
<th>AVG. COST PER MEAL</th>
<th>PRICE PER SEMESTER</th>
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**MEET YOUR DIETICIAN**

**TERESE SINAL, MS, RD**

TSinal@luc.edu

Terese is a Master of Science graduate from Loyola University and a registered dietitian.

She is passionate about educating people on how their behaviors and food choices can influence their overall health and wellness.

If you cannot find her talking about food, you can find her running on the lakefront or exploring the different neighborhoods of Chicago.

Terese is here to help you navigate the dining halls. She is always willing to talk with you about your dietary needs!