



Meal Exchange Guide Fall 2025

What are Meal Exchanges?

Meal Exchange lets you trade a Meal Swipe for select menu items at participating campus retail locations, giving you more flexibility on the go.

Meal Exchanges are included in the Unlimited (100 Per Semester), Weekly 14 (100 Per Semester), Weekly 10 (75 Per Semester), and Weekly 8 (50 Per Semester) Plans.

How can Meal Exchanges be used?

Meal Exchanges can be used in place of a Meal Swipe for a meal from a pre-determined menu. The maximum number of Meal Exchanges that can be used per week is limited to the total number of Meal Swipes your plan offers per week until you reach your allotted semester total. Example: If I have the Weekly 14 Meal Plan, I can exchange up to 14 Meal Swipes per week for Meal Exchanges until I reach my maximum of 100.



engrained

Sac State's only full-service restaurant!

📍 University Union

Meal Option 1

Entrée: Hornet Burger
Side: Sea Salt Fries
Beverage: Fountain Drink

Meal Option 2

Entrée: Vegan Falafel Bowl
Side: Sea Salt Fries
Beverage: Fountain Drink

Meal Option 3

Entrée: Chicken Caesar Salad
Side: Sea Salt Fries
Beverage: Fountain Drink



📍 Hornet Commons

Fresh-baked bagels and coffee to fuel your day.

Meal Option 1

Entrée: Turkey-Sausage & Cheddar with Two (2) Eggs
Side: Hash Brown Meal Deal
Beverage: Medium Coffee OR Bottle Water

Meal Option 2

Entrée: Garden Avocado with Two (2) Eggs
Side: Hash Brown Meal Deal
Beverage: Medium Coffee OR Bottle Water



Meal Option 1

Entrée: Turkey Pesto, OR Chipotle Chicken, OR Vegan Hummus Sandwich
Side: One Apple OR Orange OR Chips
Beverage: Fountain Drink

📍 University Union

Fresh comfort food, right on campus.

Meal Option 2

Entrée: Asian Chicken Salad
Side: One Apple OR Orange OR Chips
Beverage: Fountain Drink



Flex\$ can be used to purchase all menu items at the locations below!



📍 University Union



📍 The Roundhouse



📍 University Library



📍 River Front Center
📍 University Union
📍 Starbucks Truck



Meal Exchange Guide Fall 2025

COMING
Soon



River Front Center

Modern Indian BBQ
made fresh!

Meal Option 1

Entrée: Regular bowl
(Chicken, tofu, paneer, or
spicy chicken)
Side: Samosa OR Orange
OR Apple
Beverage: Fountain Drink
OR Water



River Front Center

Stacked sandwiches and
paninis made your way.

Meal Option 1

Entrée: 6 in. Ham and
American Sandwich
Side: Miss Vickie's Chips
Beverage: Fountain
Drink OR Water

Meal Option 2

Entrée: 6 in. Tuna salad
Sandwich
Side: Miss Vickie's Chips
Beverage: Fountain Drink
OR Water

Meal Option 3

Entrée: 6 in. Four
Cheese Sandwich
Side: Miss Vickie's Chips
Beverage: Fountain
Drink OR Water

Meal Option 4

Entrée: Chicken
Caesar Wrap
Side: Apple OR Miss
Vickie's Chips
Beverage: Fountain
Drink OR Water



River Front Center

Bagel sandwiches,
done right.

Meal Option 1

Entrée: Any Breakfast
Sandwich (excluding Lox)
Side: Whole Apple OR
Orange
Beverage: Fountain Drink

Meal Option 2

Entrée: Turkey Pesto, OR
BLTA, OR Classic Turkey,
OR Peanut Butter and
Jelly Bagel, OR Veg Out
Side: Chips
Beverage: Fountain Drink



University Union

Your campus destination for
delicious chicken tenders!

Meal Option 1

Entrée: Three (3) Piece
Chicken Strips
Side: Fries
Beverage: Fountain Drink

Meal Option 2

Entrée: Chicken Wrap
Side: Fries
Beverage: Fountain Drink



University Union

Burgers grilled to
perfection!

Breakfast Meal

Entrée: Breakfast Char
Burger
Side: Tater Tots
Beverage: Orange Juice

Breakfast
7:30 AM – 10:00 AM
Lunch /Dinner
10:00 AM - 7:00 PM

Lunch/Dinner Meal Option 1

Entrée: Char Burger
Side: Fries
Beverage: Regular Drink

Lunch/Dinner Meal Option 2

Entrée: Veggie Burger
Side: Fries
Beverage: Regular Drink

Lunch/Dinner Meal Option 3

Entrée: Grilled Cheese
Side: Fries
Beverage: Regular Drink



Residence Quad

Snacks, essentials, and
more—right when you
need them. EBT/ SNAP
accepted!

Breakfast Meal

Entrée: Bagel with
Cream Cheese, OR
Breakfast Pastry, OR
Jimmy Dean Sausage
Side: One Hard Boiled
Egg, OR Apple, OR
Orange
Beverage: Coffee OR
Juice Box

Breakfast
7:30 AM – 10:00 AM

Lunch/Dinner Meal Option 1

Entrée: Deli Sandwich
(Turkey)
Side: Chips
Beverage: Fountain Drink

Lunch/Dinner Meal Option 2

Entrée: Cheese Pizza OR
Pepperoni Pizza
Side: Chips OR Side of
Salad
Beverage: Fountain Drink

Lunch /Dinner
11:00 AM - 8:00 PM

Hot Meal Program

M: Chicken Tenders
T: Nachos
W: Orange Chicken
OR Stir Fry Vegetables
T: Lasagna
OR Vegetable Lasagna
F: Loaded Fries

**All Hot Meals include
appropriate toppings, a
side, and a medium
fountain beverage.
Lunch: 11:00 AM – 2:00 PM
Dinner: 5:00 PM – 8:00 PM*

**Meal Swipes used for
the Hot Meal Program*