

MEAL PLAN CHART

Week To Week To Help You Manager Your Meals
FALL SEMESTER 2009

223 Block Meals

AVERAGE 14 MEALS PER WEEK
2 MEALS PER DAY 7 DAYS PER WEEK

159 Block Meals

AVERAGE 10 MEALS PER WEEK
2 MEALS PER DAY 5 DAYS PER WEEK

WEEK 1	AUG. 29 - SEPT. 3	212
WEEK 2	SEPT. 4 - SEPT. 10	198
WEEK 3	SEPT. 11 -SEPT. 17	184
WEEK 4	SEPT. 18 - SEPT. 24	170
WEEK 5	SEPT. 25 - OCT. 1	156
WEEK 6	OCT. 2 - OCT. 8	142
WEEK 7	OCT. 9 - OCT. 15	128
WEEK 8	OCT. 16 - OCT. 22	114
WEEK 9	OCT. 23 - OCT. 29	98
WEEK 10	OCT. 30 - NOV. 5	86
WEEK 11	NOV. 6 - NOV. 12	72
WEEK 12	NOV. 13 -NOV. 19	58
WEEK 13	NOV. 20 - NOV. 26	41
WEEK 14	NOV. 30 - DEC. 3	33
WEEK 15	DEC. 4 - DEC. 10	19
WEEK 16	DEC. 11 - DEC. 17	5
WEEK 17	DEC. 18 & DEC. 19	5 MEALS
		REMAINING

WEEK 1	AUG. 29 - SEPT. 3	149
WEEK 2	SEPT. 4 - SEPT. 10	139
WEEK 3	SEPT. 11 -SEPT. 17	129
WEEK 4	SEPT. 18 - SEPT. 24	119
WEEK 5	SEPT. 25 - OCT. 1	109
WEEK 6	OCT. 2 - OCT. 8	99
WEEK 7	OCT. 9 - OCT. 15	89
WEEK 8	OCT. 16 - OCT. 22	79
WEEK 9	OCT. 23 - OCT. 29	69
WEEK 10	OCT. 30 - NOV. 5	59
WEEK 11	NOV. 6 - NOV. 12	49
WEEK 12	NOV. 13 -NOV. 19	39
WEEK 13	NOV. 20 - NOV. 26	31
WEEK 14	NOV. 30 - DEC. 3	23
WEEK 15	DEC. 4 - DEC. 10	13
WEEK 16	DEC. 11 - DEC. 17	3
WEEK 17	DEC. 18 & DEC. 19	3 MEALS
		REMAINING