Express Meals

What are express meals?
- Express meals are packaged to go for a quick and convenient option.
- There are two options per meal period (one is vegan), which include a hot entree, two sides, a side salad, dessert and a bottle of water.

How much do express meals cost?
- Each meal is $8.99.
- Residents may use their unlimited meal plan for an express meal as long as they have waited the one-hour grace period between dining visits.

Where can I get an express meal?
- These meals are offered during peak meal periods at Cypress Bend Cafe.
- Visit our hours page for times when express meals are available.

How do I find out what the daily express meal options are?
- Check each express meal location to see the specials of the day.
- You may request to see a binder with full ingredient and allergen information.