


**WANT MORE
OUT OF YOUR
MEAL PLAN?**

**WOULD YOU
LIKE SOME
ADDITIONAL
FLEXIBILITY
IN MEALS?**



MOM, DAD!
HELP!
MY CASH AND
MY CARDNETH
ARE BARE.

FILL MY FRIDGE

Purchase a USC Upstate Dining and in addition to great meals on campus we will deliver groceries to

'Fill Your Fridge!'

Package #1 – SANDWICH LOVERS

- Sliced Turkey, Ham or Roast Beef (select one)
- Sliced Cheddar, Provolone or Swiss Cheese (select one)
- TOPPINGS: Tomatoes, Green Leaf Lettuce, Onion
- Bottle of Hellman's Mayonnaise
- Bottle of French's Yellow Mustard
- One 16 oz. jar of Peanut Butter
- One 12 oz. jar of Strawberry or Grape Jelly (select one)
- One Loaf of Wheat or White Sandwich Bread (select one)
- One 16 oz. Bag of Lays Potato Chips
- One 24 bottle case of Bottled Water, Pepsi or Diet Pepsi (select one)

Package #2 - CONTINENTAL

- Assorted 6 oz. Yoplait or Dannon Yogurt
- (1) Gallon of Whole, 2 % or Skim Milk (select one)
- 64 oz. Bag of Kellogg's Granola Cereal
- 64 oz. Bag of General Mills Cereal
- 3 lb. bag of fresh Red Seedless Grapes
- FRESH FRUIT: Assorted Apples, Pears, Oranges or Grapefruit
- (1) Box of Special K, Kashi or Quaker Oats Cereal Bars (select one)
- (1) Dozen Assorted Bagels & Cream Cheese

Package #3 – AFTERNOON SNACKER

- (2) 2 liter bottles of Pepsi or Diet Pepsi (select one)
- 31 oz. box of Pepperidge Farm Goldfish
- 20 count box of Rice Krispy Treats
- 12 count box of Oreo Cookie Packs
- (1) Box of Special K, Kashi or Quaker Oats Cereal Bars (select one)
- (6) Packages of Orville Redenbachers Butter Flavor Popcorn
- 6-pack of Jell-O Pudding or Jell-O Snack Packs (select one)
- 12 count case of assorted Tropicana Bottled Juice