



THINGS

YOU NEED TO KNOW ABOUT DINING ON CAMPUS

www.metzlackawanna.com

✓ Green is our favorite color—we're committed to reducing food waste and using reusable resources whenever possible.

✓ Most of our produce, eggs, dairy products, and baked goods come from vendors within 150-miles of campus. Now that's fresh!

✓ Nearly 50% of our offerings in the dining hall are plant-based and gluten-free, and you can always find healthy menu choices (Live Well) at every meal.

✓ We're here to serve you. If you have menu suggestions, miss a recipe from home, or have a food aversion, just let our team know.

✓ You can choose from a variety of meal plans that are designed for residential and commuter students. In addition, Flex Dollars may be purchased and used dollar for dollar at The Falcon's Nest. This means you never have to worry about having cash on hand when you want to eat.

✓ Miss a meal because of class or work? The Falcon's Nest has you covered. Enjoy fresh, hot options like made-to-order breakfast sandwiches and build your own sandwiches and wraps. You'll also find Up for Grabs salads, sandwiches, and parfaits, along with frozen treats and fresh brewed coffee!

✓ Whatever you're hungry for the Dining Commons has something to satisfy any craving. In addition to a wide variety of breakfast items, we also offer a fresh salad bar, scratch made soups, and a large variety of hot and cold options that reflect your tastes.