



Your Guide To Eating Great! Dining at Finger Lakes Community College 2022 - 2023 Academic Year

Welcome to a fresh approach!

Campus dining is a big part of the college experience. At AVI Fresh, our goal is to provide a variety of healthy foods, made from scratch, in a fun atmosphere. We work to enrich your dining experience by making it eventful and enjoyable.

We continuously adapt to keep pace with your ever changing schedules, lifestyles, preferences and nutritional needs. We always encourage your involvement and input.

In partnership with the College, we offer a variety of meal plans to allow for flexible and convenient options for all students.

Dining options at the Finger Lakes Café include a variety of innovative concepts and a full range of culinary choices from traditional to international dishes.

Also, enjoy locally roasted Finger Lakes Coffee selections and made-to-order smoothies on campus.

We look forward to serving you, and trust your academic year will be an exciting, rewarding and memorable experience.





WHAT'S COOKING Your Dining Options

FINGER LAKES CAFÉ

The Finger Lakes Café features an extensive lineup of culinary platforms to draw students in and we are dedicated to your total and complete satisfaction. We provide a diverse menu selection of made-to-order and quick-service selections as well as daily specials at our venues. Visit and enjoy these great features!



Flatbread artisan pizzas, stromboli, panini and pasta bakes



Contemporary regional favorites from across the country



Sizzling grilled sandwich favorites, classic burgers and sides



Chef inspired, house-made rotating soups, daily



Custom wraps, salads and grain bowls prepared with fresh ingredients



Freshly prepared portable fare for busy students on the go



Delicious microwavable meals are available for ultimate convenience



Fresh cut greens and a variety of your favorite salad toppings

COFFEE CAFÉ



At the Coffee Café, we feature a variety of local coffee flavors from Finger Lakes Coffee Roasters. Looking for an extra pick-me-up? Add freshly ground espresso to any of your favorite coffee flavors!

Refreshing and reinvigorating, find fresh, all-natural made-to-order smoothies with fresh fruit.

You will enjoy pairing your beverage with premium baked goods, such as freshly prepared muffins, scones, coffee cake, cookies and more. We also offer an array of healthy snacks and Fresh to go! portable fare for a mid-morning or afternoon break.



Finger Lakes Café Hours

Monday - Thursday

Breakfast 7:30 AM – 10:30 AM
Lunch and Dinner 10:30 AM – 7:30 PM

Friday

Breakfast 7:30 AM – 10:30 AM
Lunch and Dinner 10:30 AM – 2:00 PM

Coffee Café Hours

Monday - Friday 7:30 AM – 2:00 PM

Allergens and Preferences

Students with food allergies should discuss questions or concerns about specific food items with the chef managers in the culinary center. For more information about food allergies, labeling and preferences please contact our AVI Fresh Registered Dietitian, Samantha Yunko, MS, RD, CDN, at SYunko@AVIFoodsystems.com.

E EGGS

S SOY

F FISH

SE SESAME

M MILK

SF SHELLFISH

P PEANUTS

TN TREE NUTS

W WHEAT

Visit AVIServes.com/flcc for more information on how to purchase Meal Swipes, Declining Balance Packages and Laker Loot

CONVENIENT & AFFORDABLE Meal Plans

Meal Swipes

Meal swipes provide students a full meal, including choice of select entrée or sandwich, side (fruit or cookie) and designated beverage with a single swipe.

Meal Plan Package

Package #1

50 Meal Swipes plus \$100 Laker Loot | Pay \$510

Declining Balance Packages

Package #2

\$609 Declining Balance | Pay \$580

Get this additional 5% added to your declining balance purchase price and save 7.5% tax on purchases when you select this package!

Package #3

\$957 Declining Balance | Pay \$870

Get this additional 10% added to your declining balance purchase price and save 7.5% tax on purchases when you select this package!

Package #4

\$1299 Declining Balance | Pay \$1160

Get this additional 12% added to your declining balance purchase price and save 7.5% tax on purchases when you select this package!

Package Details

- Meal plans begin with your first meal on the first day of fall classes, and end with your last meal on the last day of spring classes. Carry over from fall to spring.
- Do not carry over from one academic year to the next and expire at the end of the academic year, regardless of purchase date.
- May be used for multiple meals (guests) at the same time.
- May be purchased with verified available financial aid funds, cash, credit and debit cards.
- All meal plans are non-refundable.

Laker Loot

For students seeking additional flexibility, Laker Loot may be purchased in any amount and used like cash at the Café or in campus vending machines. Laker Loot provides 7.5% savings on tax on all purchases. Laker Loot purchased with cash, check, and credit and debit cards never expires. Laker Loot purchased with financial aid funds expires on June 30, 2023.

- May be used in campus vending machines by swiping your student ID card.
- May be added online at get.cbord.com.
- May be purchased with verified available financial aid funds, cash, credit or debit cards.

WE'RE HERE TO SERVE YOU
Contact Information

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Visit [AVIServes.com/flcc](https://www.aviserves.com/flcc) for more information

