

FBBC & TS

Dining Services

OUR MISSION STATEMENT

The mission of FBBC&TS Dining Services is to glorify God and promote healthy eating habits by providing quality foods at reasonable prices in an environment of excellence.

OUR MOTTO

Serving God by Serving Students

MENU KEY

- ◆ Gluten Friendly
- ◆ Can Be Made Gluten Friendly (If willing to wait)
- ◆ Gluten Present

Assorted Breads and Cereals are available for all served meals as well as a Salad Bar for lunches and dinners.

*Salad bar always has at least two dressings that are gluten-free.

All menus are subject to change!

MEAL TIMES

Monday-Friday:

Breakfast: 6:30 – 8:00 a.m.

Lunch: 11:30 a.m. – 1:00 p.m.

Dinner: 5:30 – 6:30 p.m.

Saturday:

Brunch: 11:00 a.m. – 12:00 p.m.

Dinner: 5:30 – 6:30 p.m.

Sunday:

Breakfast: 7:30 – 9:00 a.m.

Lunch: 2:00 – 3:00 p.m.

PRICES

Breakfast/Sat. Brunch	\$7.50
Kids (4-10):	\$4.75
Lunch:	\$9.00
Kids (4-10):	\$6.25
Dinner:	\$9.00
Kids (4-10):	\$6.25



MENU

	BREAKFAST	LUNCH	DINNER	SOUP
SUNDAY November 11	Assorted Puff Pastries, Egg & Canadian Bacon Sandwich, Breakfast Ham Slice, Hash Browned Potatoes , Malt-O-Meal, Strawberry/Banana Overnight Oats, Belgian Waffles, Yogurt/Granola/ Fruit	Grilled Pork Chop , Crazy Good Chicken Casserole, Fried Flounder Fillet, Mashed Potatoes w/ Pork Gravy, Fried Onion Rings, Grilled Zucchini Squash, California Blend Vegetables , Belgian Waffles	No Meal Served	
MONDAY November 12	Glazed Apple Fritters, Fried Eggs, Bacon, Oven Roasted Redskin Potatoes , Hot Grape Nuts, Double Berry (Blackberry/Red Raspberry) Overnight Oats, Belgian Waffles, Yogurt/Granola/ Fruit	Penne w/ Italian Sausage & Pesto, Chicken Strips, Grilled Flank Steak, Mashed Turnips w/ Cheese , Long Grain & Wild Rice Blend, Spinach w/ Bacon & Onion , Cindy's Fabulous Corn, Beef Pizza , Belgian Waffles	Turkey Pot Roast , Ham & Fettuccine Alfredo, Fried Cod Fillet, Mashed Potatoes w/ Turkey Gravy, Scalloped Potatoes & Bacon, Swiss Vegetable Medley, Baby Carrots, Beef Pizza , Belgian Waffles	Chicken Rice
TUESDAY November 13	Glazed Raised Donuts, Sausage Breakfast Boat, Turkey Sausage Patty , Cinnamon Swirl French Toast, Maple-Pecan Oatmeal, Melba (Peach/Red Raspberry) Overnight Oats, Belgian Waffles, Yogurt/Granola/ Fruit	Baked Cod Fillet , Grilled Chicken Quesadillas, BBQ St. Louis Pork Ribs, Baby Bakers w/ Olive Oil & Kosher Salt , Mac & Bleu, Brussels Sprouts Au Gratin, Winter Blend Vegetables , Taco Pizza, Belgian Waffles	Roast Pork Loin , Chicken Strips, Grilled Reuben Sandwich, Jasmine Rice , Fried Tater Barrels, BBQ Beans, Roasted Root Vegetables w/ Kale , Taco Pizza, Belgian Waffles	B-L-T
WEDNESDAY November 14	Assorted Scones, Scrambled Eggs, Pork Sausage Link , Bacon Pancakes, Malt-O-Meal, Strawberry Overnight Oats, Belgian Waffles, Yogurt/Granola/ Fruit	Breakfast @ Lunch Canadian Bacon Pizza , Belgian Waffles	Baked Chicken Breast , Grilled Cheese Sandwich, Fried Shrimp, Baked K.K. Fries, Oven Roasted Redskin Potatoes, Roasted Fuji Apple Slices, Ginger Carrots, Canadian Bacon Pizza , Belgian Waffles	Tomato
THURSDAY November 15	Banana Bread, Egg & Sausage Sandwich, Corned Beef Hash , French Toast Sticks, Oatmeal w/ Toppings, Mango Overnight Oats, Belgian Waffles, Yogurt/Granola/ Fruit	Hamburger/Cheeseburger , Turkey Tetrazzini, Veal Parmesan, Rutabagas w/ Bacon , Fried Onion Rings, Steamed Cauliflower , Scalloped Corn, Philly Steak Pizza, Belgian Waffles	Pasta Carbonara, Chicken Strips, Roasted Mushrooms w/ Ham & Cheese, Mashed Potatoes w/ Chicken Gravy, Fried Sweet Potato Fries, Capri Blend Vegetables, Bean Medley , Philly Steak Pizza, Belgian Waffles	Reuben Chowder
FRIDAY November 16	Iced Cake Donuts, Breakfast Burrito, Pork Sausage Patty , Blueberry Brunch Puff, Chocolate Malt-O-Meal, Blueberry Overnight Oats, Belgian Waffles, Yogurt/Granola/ Fruit	Poached Cod w/ Parsley Sauce, Chicken Strips, Beef Stir-fry, Steamed Rice , Potatoes Rotel, Asparagus, Harvard Beets, Caprese Pizza , Belgian Waffles	Caramelized Baked Chicken Legs, Steamed Ham Slice, Lentil Penne w/ Beef & Tomato, Baked Potato , Fried K.K. Fries, Sugar Snap Peas , Scalloped Corn, Caprese Pizza , Belgian Waffles	Minestrone
SATURDAY November 17	BRUNCH: Pancake & Sausage on Stick, Breakfast Ham Slice, Baked Chicken Breast, Seasoned Potato Circles , Maple-Pecan Oatmeal, Italian Blend Vegetables , Assorted Fruit Turnovers, Peach Overnight Oats, Belgian Waffles		Fried Cod Fillet, Chicken Cordon Bleu, Fried Rice w/ Shrimp, "Dirty Spuds" w/ Chicken Gravy, Macaroni & Cheese, J.D. Beans, Country Blend Vegetables , Belgian Waffles	
EXTRAS	Weekly Bar: Nacho		Dessert: Softserve, Fresh Fruit, and other assorted goodies served daily.	

WE ARE HERE TO HELP YOU!

An important aspect of campus life surrounds FOOD! Not only is it important for physical growth, but it is also a part of student interaction while dining – both in the dining hall and in the dorms.

For some, maybe you, dining in any establishment becomes a challenge due to food allergies or intolerances. We are here to help you make good and safe choices while living on campus and eating in Benson.

Here at FBBC&TS Dining Services we appreciate the challenges of specific dietary needs and understand your desire to be part of, not apart from, your fellow students. We want you to be actively involved on our campus and in our dining facility.

FBBC&TS Dining Services strives to insure a balanced meal for most individual dietary requirements. If you have severe food allergies or specific dietary needs requiring special menu planning or special food preparation, we will make every reasonable effort to accommodate your needs.

COLORS LEADING YOUR WAY

Different colored menu labels are your key to specific allergen-containing dishes.

For those with specific allergies we offer the following labeling guidelines:

- Any item containing nuts of any form is labeled with **Red Type with Yellow Highlighting**
- Any item which is gluten-friendly is presented with **Pink Type**
- Any item, which can be made to be gluten-friendly, is presented with **Blue Type**. Be aware that additional preparation time (sometimes 15-25 minutes) may be necessary for some of these items.

At present, we do not label for other potential allergens such as shellfish, milk, etc. If needed, information regarding the presence of any other allergens may be obtained by asking the director of Dining Services.

ON-GOING MENU ITEMS

- Our soft serve is dairy and gluten-friendly.
- At least two salad dressings are always gluten-friendly. In addition, vinegar and oil are always available.
- Many items on our salad bar are naturally allergen-friendly.
- Some gluten-free* items may be available upon request. These may include bread, muffins, buns, bagels, cookies, etc. which will be provided in a frozen state upon request.
- Items requiring some preparation time are also available by special request including gluten-free pizza crust and pasta.
- Dining Services maintains a toaster and some additional equipment specifically for gluten-friendly operation. Access granted by asking the kitchen personnel.
- Many of our breakfast fruits are “no sugar added” or, in the case of canned fruits, “packed in fruit juice.”

NAVIGATING BENSON

The menus for Benson Dining Hall are available on-line through <https://www.faith.edu/resources/campus-services/>.

While all menus are subject to change, we strive to maintain these sites as current as possible.

While **we are not an allergen-free operation**, we are allergen-aware and will do our best to meet your needs. If your individual dietary needs require accommodation, please have your doctor complete the dietary need forms and return them to Kim Nihart, the director of health services. She will then contact you to talk about your individual requirements.

Following that session, Kim Nihart and Terry Waltersdorf, dining services director, will work with you to develop a meal plan that meets your specific needs.

CONTACT INFORMATION

• Kim Nihart, R.N.,
Director of Health Services
515.964.0601, ext. 219

• Terry Waltersdorf, FMP
Director of Dining Services
515.964.0601, ext. 252

WEBSITE LINKS

Link to Allergen Statement: [HERE](#)

Link to Dining: [HERE](#)

Link to Required Forms: [HERE](#)

Link to Daily Menus: [HERE](#)

TWIGS

Our Twigs Coffee shop offers a wide variety of primarily pre-packaged items that are labeled by their manufacturer. Please ask the attendant for information regarding potential allergens in any specific made-to-order beverage.

PLEASE NOTE: While we make every effort to prevent cross-contact by potential allergens through the provision of specific serving utensils, we cannot guarantee any item to be completely allergen-free. *The term gluten-free in this pamphlet refers to items that are purchased as such from our suppliers and sealed until opened by the consumer. You should not assume any item produced in our facility is completely free of gluten.