

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 – 6:45 p.m.

Saturday:

Brunch: 11:00 a.m. – 12:00 p.m.

Dinner: 5:30 – 6:45 p.m.

Sunday:

Breakfast: 7:30 – 9:00 a.m.

Lunch: 2:00 – 3:00 p.m.

PRICES

Breakfast	\$9.00
Kids (4-10):	\$5.75
Lunch:	\$10.75
Kids (4-10):	\$7.50
Dinner:	\$10.75
Kids (4-10):	\$7.50
Saturday Brunch	\$9.00
Kids (4-10)	\$5.75



This Week's Menus 01/28-2/3, 2024

All menus are subject to change without notice

	BREAKFAST	LUNCH	DINNER	SOUP	PIZZA
SUNDAY	Assorted Muffins, Scrambled Eggs , Cinnamon Swirl French Toast, Potato Pancakes , Chicken Sausage Patty	Baked Pollock Fillet, Chicken Egg Rolls, Beef Pot Roast , Mashed Potatoes w/Beef Gravy , Rice Pilaf, Carrots , Italian Blend Vegetables	None Served		
MONDAY	Assorted Pastries, Stuffed Waffles, Scrambled Eggs w/Ham , Potato Circles , Turkey Sausage Links	Smokehouse Macaroni & Cheese, BBQ Beef Tri-Tip , Orange Chicken, Steamed Rice , Pot Stickers, Roasted Cauliflower , California Blend Vegetables	Chicken Strips, Korean Beef Bowl , Glazed Ham , Spuds Supreme, Tater Barrels , Carrots , Broccoli Au Gratin	Chicken Noodle	Italian Sausage
TUESDAY	Assorted Scones, Breakfast Casserole, Waffles, Hashbrown Potatoes , Pork Sausage Links	Chicken & Noodles, Beef Bistro Tenders , Ham Balls w/BBQ Sauce, Mashed Potatoes w/Beef Gravy , Roast Potato Medley , Roast Haricot Vert, Cindy's Fabulous Corn	Sweet & Sour Chicken, Soy Glazed Pork Tenderloin , Tater Tot Casserole, Steamed Rice , Buttered Noodles w/Parsley, Italian Tomato Halves , German Blend Vegetables	Beef Stew	Orange Chicken
WEDNESDAY	Filled Donuts, Hashbrown Quiche Cups, Scrambled Eggs w/Cheese , Potato Barrels , Bacon	Chicken Fettuccini Alfredo, Chicken Biryani , Roast Beef Sirloin , Garlic Redskin Mashed Potatoes w/Beef Gravy , Baked Beans , Mixed Vegetables, Bahama Blend Vegetables	Sloppy Joe w/Bun, Chicken Kiev, Chicken Alfredo, Mashed Potatoes w/Beef Gravy , Au Gratin Potatoes , Roasted Asparagus , Key Largo Blend Vegetables	Chicken Barley	Pepperoni
THURSDAY	Banana Bread, Biscuits & Sausage Gravy, Fried Eggs , Roasted Redskin Potatoes , Pork Sausage Patty	Chicken Spinach Dip Pasta Bake, Sirloin Steak Tips w/ Garlic Mushrooms , Pulled Pork , Pierogis, Onion Rings , Grilled Zucchini , Squash , Corn	BBQ BAR	Hamburger Stew	Chicken Bacon Ranch
FRIDAY	Chocolate Croissant, Breakfast Pizza, Crème Brulee, Maple Glazed Sweet Potatoes , Turkey Sausage Patty	Beef Shawarma , Sweet Chili Glazed Pork Loin , Lemon Chicken , Sidewinder Fries , Baby Baker Potatoes , Green Beans , Mediterranean Blend Vegetables	Chicken Strips, Pork Flat Iron Steak , Grilled Cheese Sandwich, Sweet Potato Fries, Scalloped Potatoes , Winter Blend Vegetables , Roasted Fuji Apple Slices	Tomato	Cheese
SATURDAY	Brunch: Bacon & Cheese Omelets , French Toast Sticks, Burnt Ends , Beef Empanada, Potato Pancakes , Pork Sausage Links , Assorted Muffins		Pork Egg Roll , Grilled Chicken Breast , Chicken Nuggets, Cheesy Mashed Potatoes , Rice Pilaf, Sliced Carrots , Spring Blend Vegetables		
EXTRAS	Weekly Bar: Deli Monday thru Thursday		Dessert: Softserve , Fresh Fruit , and other assorted goodies served daily.		

This Week's Menus 2/4-2/10, 2024

All menus are subject to change without notice

	BREAKFAST	LUNCH	DINNER	SOUP	PIZZA
SUNDAY	Assorted Donuts, Fried Eggs, Waffles, Potato Circles, Chicken Sausage Patty	BBQ Pork Rib Sandwich, Grilled Chicken Breast, Pork Fritters, Mashed Potatoes w/Beef Gravy, Spanish Rice, Key Largo Blend Vegetables, Corn	None Served		
MONDAY	Chocolate Croissant, Ham & Cheese Omelet, Chocolate Chip Pancakes, Roasted Redskin Potatoes, Pork Sausage Links	Grilled Pork Ribeye, Blackened Shrimp, Smoked Beef Brisket, Twice Baked Potatoes, Baked Beans, California Blend Vegetables, Green Beans	Roast Turkey Breast, Grilled Pork Chops, Chicken Cordon Bleu, Mashed Potatoes w/Turkey Gravy, Buttered Bowtie Pasta w/Parsley, Pacific Blend Vegetables, Green Bean Casserole	Clam Chowder	Beef
TUESDAY	Assorted Turnovers, Egg & Sausage Sandwich, Quiche, Potato Barrels, Turkey Sausage Patty	Schezuan Chicken, Bistro Beef Tenders, Turkey Bacon Ranch Quesadilla, Steamed Rice, Roast Potato Medley, Roasted Broccoli w/Parmesan, Steamed Carrots	Roast Pork Loin, Chicken & Rice Casserole, Sweet Chili Glazed Salmon, Sidewinder Fries, Baked Potato Circles, Steamed Broccoli, German Blend Vegetables	Vegetable	Dessert/Pretzel
WEDNESDAY	Banana Bread, Scrambled Eggs, French Toast Sticks, Hashbrown Potatoes, Bacon	BREAKFAST @ LUNCH	Sweet Chili Chicken Drumsticks, Shrimp Scampi, Kielbasa w/Roasted Root Vegetables, Fried Potato Barrels, Au Gratin Potatoes, Mixed Vegetables, Country Corn	Broccoli & Cheese	Schezuan/Orange
THURSDAY	Coffeecake, Breakfast Hashbrown Casserole, Blueberry Brunch Puff, Potato Pancakes, Turkey Sausage Links	White Chicken Enchiladas, Italian Beef w/Bun, Pork Flat Iron Steak, Risotto, Corn Casserole, Creamy Brussels Sprouts w/Bacon, Winter Blend Vegetables	Roast Pork Loin, Grilled Chicken Breast, Fried Shrimp, Mashed Potatoes w/Pork Gravy, Scalloped Potatoes, Roasted Asparagus, Mediterranean Blend Vegetables	Beef Chili	Italian Sausage
FRIDAY	Assorted Muffins, Breakfast Pizza, Breakfast Enchiladas, Maple Roasted Sweet Potatoes, Pork Sausage Patty	Sloppy Joe w/Bun, Sweet Soy Glazed Beef Tri-Tip, Chicken Fried Rice, Vegetable Spring Rolls, Fried Cheese Curds, Peas & Carrots, Italian Blend Vegetables	Cheddarwurst Sandwich w/Beef Chili, Chicken Divan, Fried Cod Fillet, Cornbread, KK French Fries, Roasted Cauliflower w/Parmesan, Spring Blend Vegetables	Egg Drop	Pepperoni
SATURDAY	Brunch: Assorted Pastries, Scrambled Eggs w/Bacon Bits, Sausage Coins, Roasted Redskin Potatoes, Steak Strips w/Peppers and Onions, Cheesy Mashed Potatoes, Capri Blend Vegetables		Pork Burger w/Bun, Beef Ravioli w/Sauce, Chicken Strips, Pierogis, Baked Potatoes, Roasted Haricot Vert, Peas & Carrots		
EXTRAS	Weekly Bar: Nacho/Burrito Monday thru Thursday		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 non-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 Tyler Hausner, 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

• Tyler Hausner
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.