

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 03/17-23/2024

All menus are subject to change without notice

	BREAKFAST	LUNCH	DINNER	SOUP	PIZZA
SUNDAY	Assorted Muffins, Scrambled Eggs, Cinnamon Swirl French Toast Potato Circles, Pork Sausage Patty,	Lasagna Roll Ups, Beef Pot Roast, Mac & Jack w/Chicken, Baby Bakers, Mashed Potatoes w/Beef Gravy, Green Beans, Corn			
MONDAY	Assorted Donuts, Scrambled Eggs w/Bacon & Cheese, French Toast Sticks, Potato Pancakes, Turkey Sausage Links	Chicken Patty Parmesan, Grilled Flank Steak, Roast Pork Loin, Roasted Redskin Potatoes, Mozzarella Sticks w/Marinara Sauce, Peas & Carrots, Winter Blend Vegetables	Chicken Strips, Smoked Beef Brisket, Blackened Tilapia, White Cheddar Macaroni, Cajun Roast Potatoes, Broccoli Au Gratin, Mixed Vegetables	Hearty Beef	Italian Sausage
TUESDAY	Assorted Scones, Eggs Benedict, Biscuits & Sausage Gravy, Hashbrown Potatoes, Bacon	Meatloaf w/BBQ Sauce, Pulled Pork w/Bun, Pizza Burger w/Bun, Mashed Potatoes w/ Beef Gravy, Hashbrown Casserole, Glazed Baby Carrots, California Blend Vegetables	Cheese Ravioli w/Sauce, Steak & S'hrooms, Honey Garlic Shrimp, Wild Rice, Scalloped Potatoes, Country Corn, Roasted Fuji Apples	Cream of Tomato	Pepperoni
WEDNESDAY	Assorted Pastries, Scrambled Eggs, Breakfast Pizza, Maple Glazed Sweet Potatoes, Sausage Coins	Lasagna, Grilled Chicken, Beef & Noodles, Mashed Potatoes w/Chicken Gravy, Breadsticks, Green Peas, Roasted Broccoli w/Parmesan	Potato Crusted Cod, Roast Sirloin, Ham Balls W/BBQ Sauce, Au Gratin Potatoes Baked Potatoes, Green Beans w/Bacon, Capri Blend Vegetables	Cream of Chicken	Chicken Bacon Ranch
THURSDAY	Assorted Turnovers, Breakfast Burrito Bar	Chicken Cordon Bleu, BBQ Beef w/Bun, Meatball Subs, Onion Rings, Maple Glazed Sweet Potatoes, Creamy Corn w/Bacon, German Blend Vegetables	WING NIGHT	Lasagna	Canadian Bacon
FRIDAY	Banana Bread, Fried Eggs, Crepes, American Fries, Pork Sausage Links	Roast Beef Tri-Tip, Grilled Pork Tenderloin, fajita Chicken Casserole, Rice Pilaf, Spinach Dip w/ Pita Chips, Key Largo Blend Vegetables, Corn	Chicken Strips, Pork Quesadilla, Hamburger w/Bun, Baked Fries, BBQ Beans, Steamed Cauliflower, Roasted Haricot Vert	Baked Potato	Cheese
SATURDAY	Brunch; Scrambled Eggs w/Sausage & Cheese, Chicken Sausage Patty, Tater Barrels, Beef Ravioli w/ Sauce, Steamed Carrots, Steak Strips w/ Peppers & Onions, Assorted Muffins		Corn dogs, Grilled Chicken, Pork Flat Iron Steak, Sidewinder Fries, Cheesy Mashed Potatoes, Corn, Winter Blend Vegetables		
EXTRAS	Weekly Bar: Deli Bar Monday thru Friday		Dessert: Softserve, Fresh Fruit, and other assorted goodies served daily.		

This Week's Menus 03/24-30/2024

All menus are subject to change without notice

	BREAKFAST	LUNCH	DINNER	SOUP	PIZZA
SUNDAY	Assorted Pastries, Eggs & Sausage Sandwich, Waffles, Maple Glazed Sweet Potatoes , Turkey Sausage Links	Chicken Cordon Bleu, Pork Egg Roll, Smoked Beef Brisket , Mashed Potatoes w/Beef Gravy, Wild Rice, Italian Blend Vegetables, Green Peas	None Served		
MONDAY	Assorted Turnovers, Quiche, Cinnamon Swirl French Toast, Potato Circles , Pork Sausage Links	Fried Cod Fillet, Grilled Pork Flat Iron , Burnt Ends , White Cheddar Macaroni, Baby Baker Potatoes, Steamed Broccoli, Mixed Vegetables	Macaroni & Cheese w/Ham, Grilled Pork Tenderloin , Roast Turkey Breast , Stuffing, Sweet Potato Casserole, Green Beans , Winter Blend Vegetables	Beef Barley	BBQ Chicken
TUESDAY	Chocolate Croissant, Ham & English Muffin Strata, Baked Oatmeal w/Blueberries, Potato Pancakes , Bacon	Walking Taco Casserole, Grilled Bistro Tenders , Orange Chicken, Steamed Rice , Vegetable Spring Rolls, Roasted Asparagus , Cajun Corn	Chicken Strips, Steak Strips w/Peppers & Onions, Shrimp Scampi, Risotto, Twice Baked Potatoes, Mixed Vegetables , Spring Blend Vegetables	Corn Chowder	Hawaiian
WEDNESDAY	Coffeecake, Fried Eggs , Amish Casserole, Hashbrown Potatoes, Chicken Sausage Patty	BREAKFAST @ LUNCH	Roast Pork Loin, Korean Beef, Roasted Chicken Drumsticks, Sidewinder Fries, Mashed Potatoes w/Pork Gravy, Baked Beans, German Blend Vegetables	Baked Potato	Orange Chicken
THURSDAY	Assorted Scones, Breakfast Enchiladas, French Toast Sticks, Potato Barrels , Turkey Sausage Patty	Cass Lake Ziti, Grilled Pork Chops , Smoked Beef Strip Loin , Baked Potatoes, Garlic Breadsticks, Winter Blend Vegetables, Green Peas	BURGER BAR	White Chicken Chili	Taco
FRIDAY	Assorted Donuts, Raspberry Brunch Puff, Blueberry Pancakes, American Fries , Pork Sausage Patty	Pesto Rubbed Tri-Tip, Tandoori Chicken, Sweet Chili Glazed Salmon, Steamed Rice, Scalloped Potatoes, California Blend Vegetables, Green Bean Casserole	Chicken Strips, Sloppy Joe w/Bun , Orange Glazed Pork Tenderloin , Rice & Beans, Jalapeno Poppers, Key Largo Blend Vegetables , Corn	Pasta Fajoli	Pepperoni
SATURDAY	Brunch: Scrambled Eggs w/Ham , Pork Sausage Links , French Toast Sticks, Chicken Empanadas, Spanish Rice , Peas & Carrots , Assorted Pastries		Pork Fritter w/Bun, Chicken Fajitas , Smoked Beef Brisket , KK French Fries, Au Gratin Potatoes , Green Beans , Pacific Blend Vegetables		
EXTRAS	Weekly Bar: Frank & Sausage 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.