



Welcome Students

Welcome to a new academic year at Montana State University Billings!

On behalf of the entire Campus Services Team, I would like to thank you for participating in our on-campus dining program. We are excited to introduce you to this year's repertoire of delicious meal options, which includes a contemporary, crowd-pleasing selection of many of your favorite foods along with some of our own specialties.

This dining guide has been designed as a quick reference to all of our services, so keep it handy throughout the year and enjoy all that we have to offer. We look forward to serving you!

A Plan To Suit Your Tastes

We are pleased to present several meal plan options for our students. Each plan offers a variety of meal options satisfying varied dietary requirements, personal tastes, and individual schedules. Which ever you choose, you know you're getting excellent meals at a terrific value. Our dining program features all-you-care-to-eat plans, designed to provide you with maximum flexibility and value for your dining dollar.

Block Meal Plans

Entitle you to a fixed number of meals per week, for use within our residential dining hall, plus a specific allocation of DINING DOLLARS. The MEAL PLANS may be used at Rimrock Café during dinner guest meals. Your DINING DOLLARS may be used at Stingers, LA Express, Stingers Espresso, College of Technology, and Stingers West.

The Meal Plans

GOLD PLAN

19 meals per week plus
50 Dining Dollars per semester
\$1140.00 PER SEMESTER

SILVER PLAN

14 meals per week plus
75 Dining Dollars per semester
\$1085.00 PER SEMESTER

BRONZE PLAN

11 meals per week plus
125 Dining Dollars per semester
\$1070.00 PER SEMESTER

COPPER PLAN

9 meals per week plus
150 Dining Dollars per semester
\$1050.00 PER SEMESTER

Delicious Perks Special Dietary Needs

Our team is experienced in accommodating special diets for our guests on an individual basis who have a medical need. We strive to provide a complete, convenient dining experience for those with special requirements.

Meals On The Run

We understand how hectic the life of a college student can be, with athletics, clubs, and jobs in addition to classes. To help accommodate busy schedules, specially prepared to-go meals are available in the Dining Hall when schedules conflict. Contact the management team to make arrangements.

Dietitian

We have a wealth of resources available to our guests, including the expert guidance of a registered dietitian. Arrangements can be made for individual consultations concerning any dietary needs, such as sports nutrition, weight control, food allergies, or medically prescribed diets.

The Fine Print

Meals must be used in the week for which they are allocated. Flex points carry over from the fall to the spring semester, but must be used before the spring semester ends.

If your meal card is lost or stolen, report it to the dining services office immediately so we may invalidate the card, stopping further purchases. Call (406) 657-2382.

The Perfect Time To Dine

LA Express

Monday - Thursday 7:00am - 7:00pm
Friday 7:00am - 2:00pm
This location features Coffee, Simply-to-Go, and a selection of bottled beverages. This convenient location also includes Pizza, Hot Dogs, Pretzels, and Nachos.

Stingers Espresso

Monday - Friday 7:00am - 1:30pm
This New Coffee shop features, espresso drinks, smoothies, Simply-to-Go, assorted beverages, and a variety of convenient snacks.

College of Technology

Monday - Friday 7:30am - 1:00pm
Our convenient service at the COT includes Beverages, Simply-to-Go, Continental Breakfast, Grill, Hot Lunch Specials, Pizza, Homemade Soup, and fresh bakery selections. You may also use your meal plan for lunch only.

Stingers West

Monday - Friday 7:00am - 1:00pm
This new Coffee cart is located in the commons in the new building at COT. It has a variety of Espresso drinks, assorted beverages, soup, Simply-to-Go, and assorted convenient snacks.

Stingers

Monday - Thursday 7:00am - 9:30pm
Friday 7:00am - 6:00pm
Saturday - Sunday 9:00am - 1:30pm
This location features Espresso, Coffee, Smoothies, Simply-to-Go, Bottled Beverages, and a wide variety of convenient snacks.

Rimrock Cafe (All-You-Care-To-Eat Dining)

Breakfast

Monday-Friday 7:30am - 10:30am
Saturday-Sunday 11:00am - 1:00pm

Lunch

Monday-Friday 11:00am - 1:30pm
Saturday-Sunday 11:00am - 1:00pm

Dinner

Monday-Thursday 5:00pm - 7:00pm
Friday-Sunday 5:00pm - 6:00pm

What We Offer

Breakfast: Features a full hot breakfast buffet each morning or choose from a selection of breakfast burritos, english muffin sandwiches, bakery specials, fruit and yogurt bar and a wide selection of beverages.

Lunch:

The Grille: All your favorite grilled sandwiches and burgers

Pizza: Hand-made pepperoni, cheese and specialty pizzas

Baja: With a variety of your favorite tacos, burritos, quesadillas or nachos

The Deli: A variety of upscale made-to-order sandwiches and wraps

International: Authentic, fresh ethnic food; including tossed Asian and Italian

Salad Bar and Soup: Fresh, crisp salads and hearty home-style soups

Desserts: a enticing selection of sweets

Dinner:

The Grille: Featuring fully dressed seasoned cheeseburgers and specialty sandwiches

Pizza: Hand-made pepperoni, cheese, specialty pizza and also calzones and stromboli

The Deli: A variety of upscale made-to-order sandwiches and wraps

Classics: Featuring a rotation of home-style foods and a taste changer menus

Salad Bar and Soup: Featuring an expanded variety of fresh toppings and prepared salads

Desserts: A tempting selection of sweets that are the perfect end to a satisfying meal

Catering Services

We are pleased to be able to offer a full repertoire of catering services as part of our Campus Dining Program. From simple parties to bountiful buffets, to elaborate dinners and elegant events, our Catering Department can be the solution to your special event needs. For more information, call our Catering Department at (406) 657-2381 or (406) 657-2382. Check out our new website: <https://msubillingscatering.catertrax.com>

Call Us!

We invite and encourage you to call us anytime with questions, comments or suggestions about our Campus Dining Program. Your feedback is always welcome as it can only help us to serve you better. Comment cards are available at every meal and a virtual comment card is available at: www.msubillings.edu/dining. We also welcome your phone calls (406) 657-2382, or email at Sodexo@msubillings.edu.

Will Work For Food!

Earn extra income while on campus, make friends, have fun and learn something by being a Campus Service employee. We offer flexible hours to fit your class schedule, excellent wages and the benefit of working "close to home." Interested students should contact: Pam or Tara at (406) 657-2382.

At Your Service

It will be our pleasure to offer you the best that Campus Services has to offer. We wish you the very best for your academic year, and of course, happy eating!

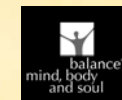
Contact Us

Montana State University Billings
1500 University Drive
Billings, MT 59101
(406) 657-2382
Sodexo@msubillings.edu

Your Management Team
Rich Weigel, *District Manager*
Pam Coyle, *General Manager*
Tara Sather, *Manager*

Check Out Our Website:

www.msubillings.edu/dining



Balance Mind Body Soul is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events--- *physical, mental and emotional*. It is not about fads or fad diets. It is about maintaining balance in one's life.

Each month Sodexo Campus Services features a new range of topics which are available on site and in more depth at www.balancemindbodysoul.com.

Montana State University Billings

CAMPUS SERVICES



2009-2010