



DINING
SERVICES

Your Dining Plan: Fast Facts about Clark Dining Services Menus

- **All foods items are cut and made by hand** where ever possible to focus on slow food. This style of cooking teaches culinary skills to our employees, which can be used universally in the work force.
- **We support local businesses.** Local purchases encourage local employment, decreased emissions for deliveries and provide fresh, quality products that we can offer to our guests.
 - Dippin Donuts - donuts
 - Duva Bread distributors – bread
 - ACME Prepak – local distributor of our produce. ACME purchases produce from local farms when available and in season
 - Garelick Farms – dairy and ice cream that is Hormone Free
- **We do not use Iodized salt in our kitchen.** Instead we use Kosher salt which has several benefits including no additives, requires less use due to its grain size, naturally brings out flavor in food, decreases cooking time.
- **All oils are trans-fat free.**
- **Salad dressings are made from scratch** on site with the exception of lite olive oil vinaigrette .
- **All compound sauces are made from scratch by our staff** such as BBQ sauce, gravies, etc.
- **Croutons and pita chips are not manufactured.** They are made in house.
- **Vegetables are cut on site instead of purchased as a pre-cut item.** We do not buy any processed produce such as baby carrots, pre diced onions, pre-diced potatoes, baby corns, shredded carrots, pre sliced onions. Cutting these items in house ensures fresh product as well as provides our employees the production hours rather than paying a for precuts.
- **We do not served processed chicken products** in Higgins Café such as chicken nuggets, tenders and patties. These items are full of fillers. When we offer tenders/nuggets they are chicken breasts that are hand battered.
- **All soups are made from scratch** every morning.
- **Our desserts are made on site by a baker.**
- **Our vegetables are not frozen.** We buy fresh vegetables for our guests. The only frozen vegetables we buy are peas and corn kernels because it's not realistic to shuck that much corn or peel back that many pea pods.
- **We do not use ANY canned vegetables**
- **All beans served are brought in dry and hand-soaked.** Hand-soaking beans is much healthier and does not add the sodium found in canned beans. The only exception is garbanzo beans, which is most often used to make the hummus in house.
- **Our pizza and marinara sauce is made on site.**
- **All of our chemicals are green-seal certified.**
- **We offer fairly traded coffee** at all three of our locations.