Greetings!

The Forty Niner Shops, Inc. is pleased to welcome you to Residential Dining Services at CSULB! The Shops are a non-profit organization, and Dining Services units are committed to providing you delicious and nutritious food in a friendly environment that promotes learning and community building.

This booklet has been designed to give you an overview of our services. You may also visit us at www.ShopTheBeach.com to learn more about the dining options in your dining hall and at various campus locations.

Our registered dietitian has partnered up with the residential management team to create menus that meet your needs. These menus are based on a 3-week seasonal cycle and are complemented with a deli bar and salad bar. Fresh fruit, homemade soups, and desserts baked daily by a resident baker are just a few of the special amenities you will find daily in your dining room - your home away from home.

We value our employees and invest in their training and development. All of our staff members are California Food Handler certified and receive continuous culinary training from culinary professionals. They will be happy to meet you and learn about your dining needs.

Also, please mark your calendar to make sure you participate in the special celebrations, picnics, themed meals, and other exciting events that are sure to add exuberance to your dining experience. We are glad you are here!

Best Regards,

Your Residential Dining Services Team

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Dining Hall GUIDELINES

Dining Services Resident Meal Plans

CSULB Residential Dining Services offers a quality and diverse food service program designed to meet resident’s dietary needs. Residents are required to purchase a meal plan when they enter into a contract with housing.

Guests

Family, friends, and all other guests are welcome to enter any Dining Halls by paying the guest rate at the door. Each resident are also given three (3) free guest meal swipes per semester in which they can bring in guests. The resident must be present to swipe in their guest for entry.

Dining Hall Entry

All residents must have their CSULB ID card present to be swiped by the dining hall checker to verify your meal plan in order to receive dining hall access. All CSULB ID cards must have a clear visible picture of the resident on the card to gain access.

All meal plans are nontransferable. It is prohibited for the resident to permit an unauthorized user to use their CSULB ID/meal plan to gain entry to the residential dining areas.

Lost or Damaged Campus ID Card: If you have lost your Campus ID card or your Campus ID card is damaged that the dining hall checker cannot verify your meal plan, you must get a replacement in order to obtain access to the dining halls. The ID card service office is located inside the University Bookstore. You may contact the ID card service office (562) 985-7388 if you have any additional questions.

In the event the campus ID card service office is closed, you will need to obtain a Dining Hall Authorization form from the Housing Service center. The Housing service center will verify if the student is a resident of the halls. The authorization form will allow the resident to temporarily access the dining hall for meals until the campus ID card service office is open (ex: weekends).

If the resident loses his campus ID card, the resident must present a pictured government issued ID or picture ID with their name to verify that he lives in the halls. A Dining Hall Authorization form may also be obtained from the dining hall supervisor to temporarily gain entry to the dining hall for meals. This also applies to Campus ID cards which may be damaged or the dining hall cannot verify meal plan.

Each resident is given three (3) occurrences in a semester in which to gain entry the dining hall without a valid CSULB campus ID by using the Dining Hall Authorization form. After the resident has exhausted all three occurrences, resident will not be allowed to access the dining hall until they can provide a valid working campus ID card. If resident cannot provide a valid working campus ID card, resident may purchase a meal by paying guest rate at the door. If the resident does not want to purchase a meal, the dining hall will provide a sack meal for the resident.

Policies and Procedures

To ensure resident’s health and safety, the University asks that the following Dining Hall policies and procedures be followed.

Shoes, shirt and pants must be worn at all times inside the Dining halls. Bathing suits are also not allowed in the dining halls. All residents and guests must be dressed appropriately for a dining establishment.

No bags, large purses or backpacks are permitted in the dining halls. Do not leave any valuables in the dining hall cubbies/lockers.

The Dining halls are not responsible for any lost or stolen items.

Only Service Animals are allowed inside the dining halls. Emotional Support Animals are not allowed inside the dining halls.
Residents are not permitted to bring their own food, mugs, cups, sport bottles, containers and outside food into the dining halls due to sanitary and health reasons.

Please take a clean plate every time you get your food.

Residents are not allowed behind the sneeze guard areas.

Please use tongs to pick up your food where indicated.

We have an allergen identification program on our menu boards to assist our residents in making their food selection.

Residents are to buss their own plates, cups, utensils to the dish return station before leaving the dining hall. We ask that you dispose of the trash in the marked trash and compost receptacles.

This is an “All you care to eat” meal program and we ask you to be mindful of waste. You are welcome to eat as much as you like with the exception of Steak night.

Residents are not permitted to take food out of the dining hall. All food must be consumed inside the dining halls. If you are not able to dine in the dining halls, you may take a sack lunch to-go or:

Participate in the Green Beach to-go program. Tokens are provided to each resident at the beginning of the fall semester. The tokens are used to redeem Green BeachTo-go container and cups. They are the only containers that are available to take to-go meals. Soiled boxes and cups can be exchanged for a clean set when entering the dining hall. There is a charge to replace lost boxes and cups.

In Addition:

Common courtesy to the food service staff when dining in the dining hall is appreciated.

Please be mindful of using the specific indicated serving utensil when getting your food to prevent cross contamination. We have many residents with food allergies.

The dining hall menus are posted online for each semester. Some menu items may be subject to change.

Dining Hall hours are also posted online. Residents may choose any of the three dining halls to dine at for any meal period throughout the week. See posted signage for any closures during holidays.

Allowing another person to use your Campus ID card to enter the dining hall is not permitted. Your Campus ID card may be confiscated by the dining hall staff until the original owner comes to claim the card.

All meal plans are not transferable and any unused meals are not refundable.

Residents are to swipe or pay each time they are to enter the dining hall even if you are not going to eat.

In consideration of the dining hall access for all residents, a maximum of four (4) guest meals may be purchased during any one meal period.

Dining halls do not allow any horse play, throwing of food, napkins, plates when inside the dining hall. Decorum related matters will be addressed with University Student Conduct.

Special Dietary Needs

Any residents with special or restrictive dietary needs are encouraged to speak with the Residential Dining Managers or the Residential Dining Dietitian.

Sick Trays

Sick trays can be ordered for residents who are not feeling well and unable to attend a meal period. You must obtain a sick tray request form for the Service Center and submit the form with the resident’s ID card to the Dining Manager on duty. When doing so, dining hall manager will ask that you mark the selections provided and allow 30 minutes for the dining hall kitchen team to prepare your sick tray. The sick tray selection is designed for residents who are not feeling well; therefore, regular menu options will not be provided.
STUDENT
Convenience Stores

THE GROUND FLOOR CONVENIENCE STORE IS LOCATED IN HILLSIDE

Are you hungry but don’t know where to go? Need a cold drink or a snack? Panicking because you didn’t buy a scantron? Well there is no more need to worry. There are now convenience stores in the Hillside Residential Hall! That’s right, no more trips off campus for those late night cravings.

The Ground Floor convenience store offers a wide variety of snacks and drinks to satisfy all your needs. Trying to stay healthy? We have school supplies and personal care items. And as always we serve Starbucks coffee and have lots of comfortable seating. Can’t wait to see you there!

MONDAY - THURSDAY
3:00pm - 10:00pm

STUDENT
Employment

Work right next to where you live and the hours that work best with your class schedule and lifestyle. We offer flexible hours in a fun and upbeat environment. You may qualify for a scholarship or a promotion when you work with us.

APPLY ONLINE AT: www.49ersshopsjobs.com
**What We Have to Offer**

Our 3 week seasonal cycle menu offers a great variety of options and combinations. We also offer a vegetarian and/or vegan entrée every day and carry many dairy and meat alternatives. All dining halls have these options available at all times:

- **Cereal Bar** with a variety of cereals, milk and milk alternatives
- **Deli Bar** where residents can make their own sandwiches and wraps with a variety of deli meats, meat alternatives, cheese, veggies and condiments
- **Salad Bar** with a large selection of vegetables, fixings, salad dressings and even a soup selection
- **Beverage Stations** where you can enjoy teas, coffee, fountain drinks and juices
- **Made to order requests** allow residents to order grilled chicken breasts, cheese quesadillas and grilled cheese sandwiches at any time during lunch and dinner
- **Ice Cream Novelties and Frozen Yogurt** are available after 11am

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**Transitional Meal Times**

There will be some transitional meal periods whereby the dining hall staff needs to transition from one meal period to the other therefore all menu selections will not be available.

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**Special Dietary Requests**

Any residents with special dietary need or restriction, please speak to the dining hall manager or speak with our residential dining hall dietitian.

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**Sick Trays**

If you become ill and cannot make it to the dining hall for meals, you can obtain a sick tray request form from your hall service center and submit the form with CSULB ID to the dining hall manager on duty to prepare your meal.
All residential dining facilities offer a Green To-Go Box and Green Cupanion for students who are short on time or do not wish to eat in the dining hall.

1. Pick up your first (FREE) Green To-Go Box Token and Green Cupanion Token at the check-in station on move-in day.
2. You may begin to use the program immediately after you receive your box.

How it works:
1. Bring your Green To-Go Box/Green Cupanion to any of the residential dining halls, fill up with food and beverage, and go on your way.
2. When finished, bring your empty, rinsed Green To-Go Box or Green Cupanion back to the Residential cashier and receive a clean one in return.
3. If you choose to turn in your Green To-Go Box or Green Cupanion but do not want a meal to-go, we will give you a token to redeem a box at your next visit.
4. Repeat, over and over!!
5. Take out your food-guilt-free-and enjoy!

* At the end of the Spring Semester, please return to your Dining Hall

MEALS TO-GO

If you are unable to make it to a meal during serving hours, you may prepare a meal to-go. The checker will deduct a meal swipe and you will use the Green To-Go box/Green Cupanion. Only one To-Go Box per meal period.

MAIN CAMPUS RESIDENTIAL - HILLSIDE & PARKSIDE

**Dining Hours**

- **MON - FRI**
  - Breakfast: 7:00am - 10:00am
  - Lunch: 11:00am - 2:30pm
  - Dinner: 4:00pm - 8:30pm

- **SAT - SUN**
  - Brunch: 9:30am - 1:30pm
  - Dinner: 4:00pm - 7:30pm

**PARKSIDE**

- Breakfast: 7:00am - 10:00am
- Lunch: 11:00am - 2:30pm
- Dinner: 4:00pm - 8:30pm

**HILLSIDE**

- Breakfast: 7:00am - 10:00am
- Lunch: 11:00am - 2:30pm
- Dinner: 4:00pm - 8:30pm

**NOTE:**
- Only one Dining Hall is open during University holidays & campus closures.

**BEACHSIDE**

- **MON - FRI**
  - Breakfast: 6:30am - 9:00am
  - Lunch: 11:00am - 1:30pm
  - Dinner: 5:00pm - 8:30pm

- **SAT - SUN**
  - Brunch: 11:00am - 1:30pm
  - Dinner: 5:00pm - 7:30pm

**Dining Hours**

- **MON - FRI**
  - Breakfast: 6:30am - 8:30pm
  - Lunch: 11:00am - 1:30pm
  - Dinner: 5:00pm - 8:30pm

- **SAT & SUN**
  - Breakfast: 8:30am - 10:00am
  - Lunch: 11:00am - 1:00pm
  - Dinner: 4:00pm - 7:00pm

**NOTE:**
- Continuous Dining for All Day Access & 210 Block Plan

Mon - Fri 6:30am - 8:30pm
Sat & Sun 11:00am - 7:30pm

All Day Access and 210 Block Plan, continuous dining available

Mon - Fri 6:30am - 8:30pm
Sat & Sun 11:00am - 7:30pm

All Day Access and 210 Block Plan, continuous dining available
Our 3-week seasonal cycle menu offers a great variety of options and combinations for seven (7) days a week including breakfast, lunch and dinner items on weekdays and brunch and dinner items on weekends and University holidays. We also offer vegetarian and/or vegan entrees. In addition to the cycle menus, you will find a list of items that are included in your menu every day. See 3-week seasonal cycle menu online at www.ShoptheBeach.com.

10 Meal Plan
This plan allows 10 meals per week at any residential dining facility anytime during the posted hours of each location. Residence hall students may enter any dining facility once per meal period and eat as much as they want up to 10 meals per week.

19 Meal Plan
This plan allows 19 meals per week at any residential dining facility anytime during the posted operating hours of each location. Residence hall students may enter any dining facility once per meal period and eat as much as they want up to 19 meals per week.

210 Block Plan
This plan allows 210 meals per semester. Meal plan information is stored on the Beach Card, and residents “swipe” their Beach Card every time they enter the dining halls at any residential dining facility anytime during the posted operating hours of each location. Unused meals are not refundable. This meal plan allows you to bring in a maximum of three guest per meal period, the meal plan card holder must be present to swipe them in.

Seven (7) Day All Access
This plan allows unlimited meals at any residential dining facility during the posted operating hours of each location.

All Unused Meals Are Not Refundable

*Flex dollars are included with some meal plans and allow the student to purchase food at any 49er shop dining and convenience store locations. Flex dollars are non refundable.*

**Meal Plan Guidelines**

- Regardless of the meal plan chosen, a meal plan holder may bring three (3) guest per semester without any additional cost.

- All Meal Plan are nontransferable. You are not allowed to give another person your ID card to swipe for a meal or entrance into the dining hall.

- All ID card must have a clear visible picture of the resident accessing the dining hall.

- You must swipe or pay each time you come into the dining even if you are not going to eat.

- In consideration of dining hall access for all residents, a maximum of four (4) guest meals may be purchased during any one meal period.
The Forty-Niner Shops are committed to doing our part in protecting our Environment. While you dine with us, please help us reduce waste by only taking what you can eat and only take the utensils and napkins that you will use. We do our part by supporting initiatives that preserve our Earth’s limited resources and we are continually researching and trying new products that support our commitment to the environment.

Environmental Statement

80% of our Avocados are locally sourced

Our hamburgers patties are made with grass fed beef

All of our English Breakfast Tea & Earl Grey Tea are USDA Organic certified
All students in Residence Halls are invited to join Our Diners’ Club. Neither membership nor dues are required. This club is a committee of student volunteers representing their residential locations. We meet every twice a semester at the Dining Hall on the main campus to discuss food service experiences and food offerings.

Students have the opportunity to give feedback, suggestions, concerns, and success stories. Club members also learn more about food service operations, including interactive presentations and fun food tasting events! Get involved and represent your fellow residents.

If you are interested in joining us or have an immediate concern or suggestion for the Diners’ Club, please do not hesitate to contact your Dining Hall Manager.

**Meeting Times**

**Fall Semester**
5:30pm - Parkside Dining Hall

**Thursday**
Oct 18th

**Spring Semester**
5:30pm - Parkside Dining Hall

**Thursday**
Mar 19th

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**Menus of Change**

**KITCHEN COMPETITION**

**STARTING**
SEPT 26th 2018

**YOU CHOOSE OUR NEXT MENU ITEM**

Vote for your favorite Chef Special! The dish with the most votes will become a regular served menu item!

**Our goal is to develop healthy, sustainable, and delicious menu items.**

Each entrée will represent **Menus of Change Principles**

- Seasonality
- Produce Centered
- Whole Grains
- Fresh Fruits
THE 49ER SHOPS ARE NOT FOR PROFIT. OUR SALES DIRECTLY SUPPORT CSULB STUDENTS AND CAMPUS PROGRAMS.
## Celebrations & Special Events

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<thead>
<tr>
<th>FALL 2019</th>
<th>SPRING 2020</th>
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<tbody>
<tr>
<td><strong>THANKSGIVING DINNER</strong></td>
<td><strong>Spring Brunch</strong></td>
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<tr>
<td>Thursday, Nov 7, 2019</td>
<td>Thursday, April 16, 2020</td>
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<td><strong>WINTER BUFFET</strong></td>
<td><strong>Beach BBQ Dinner</strong></td>
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<td>Thursday, Dec 5, 2019</td>
<td>Thursday, May 7, 2020</td>
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<td>4:00pm- 7:30pm</td>
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<td>Los Alamitos Lawn</td>
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<td>Parkside Closed</td>
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<td>Beachside Closed</td>
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<td>Hillside Closed</td>
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<td>Please Bring Campus ID</td>
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<td><strong>MIDNIGHT BREAKFAST</strong></td>
<td><strong>Midnight Breakfast</strong></td>
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<td>Tuesday, Dec 10, 2019</td>
<td>Sunday, May 10, 2019</td>
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<td>* Residents Only</td>
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## Meet Our Dietitian

Jenny Lew is our Registered Dietitian and Senior Manager at the Parkside Dining Hall. Jenny has experience in nutrition education and counseling for all ages.

Jenny counsels in a variety of areas including food allergies, food intolerances, chronic disease prevention, and management. Her philosophy is to “eat well to live well” as she strives to improve the lives through good nutrition within the Residential Dining Community. If you are a meal plan student with an individual dietary need (e.g., food allergies, lactose intolerance, gluten intolerance, vegan diet) or if you have a dietary need of religious or cultural nature, we’ll be glad to work with you to help meet your needs.

Please contact her at jenny.lew@csulb.edu or give her a call at 562-985-8898 to get you started.