




## Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm





Oct 18-24

All  Items are the Heart Healthy Meal Choices for the Day!!

### Monday

 <b>Lemon Butter Baked Fish</b>	150 Cals	\$2.99	<b>Corn Pudding</b>	265 Cals	\$1.50
Chicken and Tasso Pasta	375 Cals	\$2.49	 <b>Sweet Potato Mash</b>	185 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Winter Blend</b>	45 Cals	\$0.99
 <b>Minestrone Soup</b>		\$2.00	 <b>Squash Medley</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00


### Tuesday

BBQ Pork Steak	330 Cals	\$3.99	Mashed Potatoes	165 Cals	\$0.99
Meatloaf (2)	365 Cals	\$3.49	 <b>Spinach Souffle</b>	110 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	Baked Beans	165 Cals	\$0.99
 <b>White Chicken Chili</b>		\$2.49	 <b>Asparagus</b>	45 Cals	\$1.50
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00




### Wednesday

 <b>Alice Springs Chicken</b>	350 Cals	\$2.49	Buttered Corn	150 Cals	\$0.99
Crawfish Fettuccine	425 Cals	\$3.49	Roasted Ranch Potatoes	140 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Cali Blend</b>	45 Cals	\$0.99
Potato Bacon Soup		\$2.49	 <b>Green Beans</b>	90 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

### Thursday

 <b>Stuffed Turkey Roll</b>	300 Cals	\$2.99	Macaroni & Cheese	165 Cals	\$1.50
Meatball Stew	375 Cals	\$3.49	White Rice	100 Cals	\$0.75
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Peas &amp; Carrots</b>	45 Cals	\$0.99
Broccoli Cheese Soup		\$2.00	 <b>Malibu Blend</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

### Friday

 <b>Pot Roast</b>	440 Cals	\$3.49	Loaded Potatoes	250 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	Green Bean Casserole	160 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Smothered Okra</b>	150 Cals	\$0.99
Soup Du Jour			Broccoli & Cheese	100 Cals	\$0.99
			Sweet or Idaho Potatoes	100-150 Cal	\$1.00


**Saturday** Spaghetti \$2.49

**Sunday** Fried Chicken Breast or Thigh \$2.49, wing or leg \$1.50


*\*\*Menu subject to change. Calories are based on strict portion sizes & will vary based on your individual serving & added condiments.*




Breakfast 7:00 am-9:00am  
 Lunch 11am-1:00pm  
 Oct 18th Oct 22nd

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**Monday**

Smothered Beef Tips	350 Cals	\$2.99	White Beans & Sausage	250 Cals	\$2.49
Brown Sugar Glazed	325 Cals	\$2.49	 <b>Steamed Broccoli</b>	45 Cals	\$0.99
Pork Chop			Steamed Rice	100 Cals	\$0.75



**Tuesday**

Country Fried Steak	380 Cals	\$2.49	Homemade Chili	385 Cals	\$2.49
<b>Bacon Wrapped Asparagus</b>	80 cals	\$1.50	Mashed Potatoes	100 Cals	\$0.99
Honey Buttered Roll		\$0.75	 Orange Marmelade	85 Cals	\$0.99
			Roasted Baby Carrots		


**Wednesday**

Honey Glazed Ham	385 Cals	\$2.49	Sauteed Red Potatoes	100 Cals	\$0.99
Homemade Beefy Burritos	400 Cals	\$3.49	Green Beans	65 cals	\$0.99
			 <b>Roasted Brussel Sprouts</b>	45 Cals	\$0.99

**Thursday**

Barbecue Chicken	325 Cals	\$2.49	Rice Dressing	100 Cals	\$1.50
 Stuffed Turkey Roll	300 Cals	\$3.49	 <b>California Blend Veggies</b>	45 Cals	\$0.99
Barbecue Sausage		\$2.99	Baked Beans	100 Cals	\$0.99

**Friday**

Fried Fish	350 Cals	\$2.99	 <b>Malibu Blend Veggies</b>	45 Cals	\$0.99
Sweet Chili Chicken Tenders	385 Cals	\$2.49	Fried Okra		\$0.99
			Mac N Cheese	100 Cals	\$0.99

**Saturday** Closed (Main Campus Bistro is open!)

**Sunday** Closed (Main Campus Bistro is open!)

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