



Main Campus





Breakfast 6:30am-9:30am

Lunch 11am-2:00pm

July 26-August 1

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

Monday

 Country Fried Steak	440 Cals	\$2.99	Mashed Potatoes	145 Cals	\$0.99
 Pesto Parmesan Chicken	260 Cals	\$2.49	Corn Casserole	265 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Zucchini & Squash	45 Cals	\$0.99
White Gravy		\$0.25	 Winter Blend	45 Cals	\$0.99
Roasted Red Pepper Gouda Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
Fresh Baked Dinner Roll	190 Cals	\$0.75			

Tuesday

 Rosemary Garlic Pork Loin	200 Cals	\$2.99	Loaded Potatoes	200 Cals	\$0.99
Louisiana Purchase Pasta	395 Cals	\$2.49	Carrot Souffle	235 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Asparagus	45 Cals	\$1.50
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Smothered Green Beans	45 Cals	\$0.99
Vegetable Beef Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00





Wednesday

 Stuffed Chicken	265 Cals	\$2.49	Au Gratin Potatoes	200 Cals	\$0.99
Meatball Stew	375 Cals	\$3.49	White Rice	100 Cals	\$0.75
 Rotisserie Chicken	250 Cals	\$2.49	 Sweet Peas	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Smothered Cabbage	75 Cals	\$0.99
Italian Wedding Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

Beef Taco Salad	400 Cals	\$4.29	Diced Potatoes	225 Cals	\$0.99
 Turkey Tetrazzini	220 Cals	\$2.49	Spanish Rice	120 Cals	\$0.75
 Rotisserie Chicken	250 Cals	\$2.49	Fire Roasted Corn & Jalapenos	165 Cals	\$0.99
Corn & Crab Bisque		\$3.49	 Capri Blend	45 Cals	\$0.99
			Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			White Queso		\$0.25

Friday

 Fried Fish	400 cals	\$2.99	Macaroni & Cheese	165 Cals	\$1.50
 Smothered Pork Chops	350 Cals	\$2.99	Steamed White Rice	100 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	Creamed Spinach	165 Cals	\$0.99
Soup Du Jour			 California Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	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.*



NORTH CAMPUS


Breakfast 7:00 am-9:00am

Lunch 11am-1:00pm


July 26-- July 30

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

Monday

Chicken Fried Steak / Gravy	325 Cals	\$2.49	Mashed Potatoes	100 Cals	\$0.99
 Vegetable Soup	200 Cals	\$2.00	 Steamed Broccoli	45 Cals	\$0.99
Honey Buttered Rolls		\$0.75	Meat Pies		\$2.49


Tuesday

 Grilled Pork Chop	250 Cals	\$2.49	Green Beans	65 Cals	\$0.99
Red Beans & Sausage	300 Cals	\$2.49	Bermuda Blend Veggies	45 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.75


Wednesday

Spaghetti & Meatsauce	375 Cals	\$2.49	Buttered Corn	65 Cals	\$0.99
Sweet Chili Tenders	300 cals	\$3.49	Fried Okra	65 Cals	\$0.99
Garlic Toast		\$0.75			

Thursday

 Baked Chicken	300 Cals	\$2.49	Chicken Tortilla Soup	250 Cals	\$3.49
Black Eye Peas & Ham	100 Cals	\$2.49	Steamed Rice	100 Cals	\$0.75

Friday

Chicken Parmesan	350 Cals	\$2.49	Fried Eggplant	100 Cals	\$1.50
Fried Fish	350 Cals	\$2.99	Mac N Cheese	100 Cals	\$1.50
			 California Blend Veggies	45 Cals	\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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