



**Main Campus**  
 Breakfast 6:30am-9:30am  
 Lunch 11am-2:00pm  
 Sept 13-19

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

**Monday**

Country Fried Steak	440 Cals	\$2.99	Macaroni and Cheese	235 Cals	\$1.50
 Alice Springs Chicken	350 Cals	\$2.49	Mashed Potato	165 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Winter Blend	45 Cals	\$0.99
French Onion Soup		\$2.00	 Lima Beans	95 Cals	\$0.99
Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00





**Tuesday**

Pulled Pork Sandwich	330 Cals	\$2.99	Buttered Corn	150 Cals	\$0.99
Cheesy Crawfish Fettuccine	425 Cals	\$3.49	Oven Roasted Red Potatoes	140 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Zucchini and Squash	45 Cals	\$0.99
Minnestrone Soup		\$2.00	 Smothered Green Beans	45 Cals	\$0.99
Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00





**Wednesday**

Meatball Stew	375 Cals	\$3.49	Steamed Rice	100 Cals	\$0.75
 Baked Fish	150 Cals	\$2.99	Cheesy Scalloped Potatoes	200 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	Carrot Souffle	235 Cals	\$1.50
Potato Bacon Soup		\$2.00	 Peas	100 Cals	\$0.99
Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

**Thursday**

 Rosemary Garlic Pork Loin	200 Cals	\$2.99	Loaded Potatoes	200 Cals	\$0.99
Chicken Marsala	400 Cals	\$2.99	Creamed Spinach	200 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Asparagus	45 Cals	\$1.50
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Cali Blend	45 Cals	\$0.99
Shrimp and Corn Bisque		\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

**Friday**

 Brisket (2 slices)	200 Cals	\$3.49	Baked Beans	165 Cals	\$0.99
Chicken and Tasso Pasta	375 Cals	\$2.49	White Rice	100 Cals	\$0.75
 Rotisserie Chicken	250 Cals	\$2.49	 Smothered Okra	150 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Bermuda Blend	45 Cals	\$0.99
Soup Du Jour			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


Sep 13- Sep 17

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



**Monday**

Spaghetti & Meatballs	375 Cals	\$2.99	Grilled Asparagus	45 Cals	\$1.50
Pork Steak	350 Cals	\$3.99	Broccoli Rice Casserole	100 Cals	\$1.50
			 <b>Baked Sweet Potato</b>		\$0.99

**Tuesday**

 Baked Chicken	300 Cals	\$2.49	<b>Malibu Blend Veggies</b>	45 Cals	\$0.99
Fried Pork Chop	350 Cals	\$2.99	<b>Sauteed Green Beans</b>	65 Cals	\$0.99
Loaded Scxalloped Potatoes	100 Cals	\$0.99			


**Wednesday**

 Baked Fish	300 Cals	\$2.99	Rice Dressing	100 Cals	\$1.50
Stuffed Turkey Roll	325 Cals	\$3.99	 Steamed Broccoli	45 Cals	\$0.99
	185 Cals	\$1.50	Mac N Cheese	100 Cals	\$1.50

**Thursday**

Red Beans & Sausage	350 Cals	\$2.49	Steamed Rice	100 Cals	\$0.75
<b>Fried Jumbo Wings</b>	385 Cals	\$3.99	Candied Carrots	85 Cals	\$0.99
			Roasted Brussel Sprouts	65 Cals	\$0.99

**Friday**

BBQ Pulled Pork / Sandwich	150 Cals	\$2.49	 Stir Fry Vegetables	45 Cals	\$0.99
Orange Chicken	380 Cals	\$2.99	Nachos & Cheese		\$2.50
Pork Eggrolls		\$0.99	<b>Add Chili</b>		\$0.99

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

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

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