




Main Campus
 Breakfast 6:30 am - 9:30 am
 Lunch 11 am - 2:00 pm
 August 15-21

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

Monday

 Sweet and Sour Chicken	200 Cals	\$2.49	Ham Fried Rice	100 Cals	\$0.99
Spaghetti Bake	300 Cals	\$3.49	 Pork Egg Roll	90 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Buttered Corn	45 Cals	\$0.99
Garlic Toast	190 Cals	\$0.75	 Smothered Green Beans	45 Cals	\$0.99
Broccoli Cheese Soup		\$2.99	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Tuesday

Fried Pork Chop	265 Cals	\$2.99	Mashed Potatoes	145 Cals	\$0.99
 Hamburger Steak w/ Onions	350 Cals	\$3.49	Macaroni & Cheese	85 Cals	\$1.50
Rotisserie Chicken	250 Cals	\$2.49	 Grilled Zucchini and Squash	45 Cals	\$0.99
 Fresh Baked Dinner Roll	190 Cals	\$0.75	 Navy Beans	90 Cals	\$0.99
Roasted Red Pepper & Gouda		\$2.99	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Wednesday

Beef Tips	400 Cals	\$3.49	Roasted Red Potatoes	250 Cals	\$0.99
 Blackened Fish	300 Cals	\$2.99	Rice		\$0.75
 Rotisserie Chicken	250 Cals	\$2.49	 Carrots	45 Cals	\$0.99
Taco Soup		\$3.49	 Winter Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

 Chicken Florentine	425 Cals	\$2.49	White Rice	100 Cals	\$0.75
Meatball Stew	375 Cals	\$3.49	Corn Nuggets	235 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Peas	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Smothered Okra w sausage	75 Cals	\$1.50
Soup Du Jour			Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Friday

Crawfish Etouffee	450 Cals	\$4.99	White Rice	100 Cals	\$0.75
 Pineapple Glazed Ham	400 Cals	\$2.99	Corn bread Stuffing	250 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Butter Beans	45 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 \$2.99

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




NORTH CAMPUS


Breakfast 7:00 am-9:00am

Lunch 11am-1:00pm



August 15th - August 19th

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



Monday

Spaghetti & Meatsauce	550 Cals	\$3.49	Steamed Rice	100 Cals	\$0.75
Smothered Beef Tips	500 Cals	\$2.99	Buttered Corn	85 Cals	\$0.99
			 Steamed Veggies	45 Cals	\$0.99


Tuesday

 Grilled Pork Chop	400 Cals	\$2.49	 Steamed Broccoli	45 Cals	\$0.99
Fried Chicken Tenders	500 Cals	\$3.49	Mac N Cheese	200 Cals	\$1.50
			Corn Nugetts	150 Cals	\$1.50


Wednesday

 Baked Turkey Roll	480 Cals	\$3.49	 Smothered Green Beans	85 Cals	\$0.99
Chicken Fettuccine	550 Cals	\$2.99	Carrot Soufflee	280 Cals	\$1.50
			Fried Okra	85 Cals	\$1.50

Thursday

Glazed Ham	480 Cals	\$2.49	Rice Dressing	350 Cals	\$1.50
 Barbecue Chicken	380 Cals	\$2.49	Yams	350 Cals	\$0.99
			California Blend Veggies	45 Cals	\$0.99

Friday

Fried Fish	550 Cals	\$2.99	Ham Fried Rice	300 Cals	\$2.49
 Homemade Beef Vegetable Soup	480 Cals	\$3.49	Grilled Cheese Sandwich	600 Cals	\$2.49

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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