



## Main Campus

Breakfast 6:30 am - 9:30 am

Lunch 11 am - 2:00 pm

Jan 10-16

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

### Monday

 <b>Cajun Baked Fish</b>	200 Cals	\$2.49	 <b>Roasted Sweet Potato Cubes</b>	100 Cals	\$0.99
Spaghetti Bake	300 Cals	\$2.99	Buttered Corn on the Cob	90 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Grilled Zucchini and Squash</b>	45 Cals	\$0.99
Garlic Toast	190 Cals	\$0.75	 <b>Sauteed Green Beans</b>	45 Cals	\$0.99
Broccoli Cheese Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

### Tuesday

 <b>Sweet and Sour Chicken</b>	265 Cals	\$2.49	Mashed Potatoes	145 Cals	\$0.99
Hamburger Steak w/ Onions	350 Cals	\$3.49	 <b>Ham Fried Rice</b>	85 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Stir Fry Broccoli</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Navy Beans</b>	90 Cals	\$0.99
Tomato Basil Bisque		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			Pork Egg Roll		\$1.00

### Wednesday

 <b>Fried Pork Chop</b>	400 Cals	\$3.49	Cornbread Stuffing	250 Cals	\$0.99
 <b>Roasted Turkey Roll</b>	300 Cals	\$2.99	Macaroni and Cheese	235 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Carrots</b>	45 Cals	\$0.99
Taco Soup		\$3.49	 <b>Winter Blend</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

### Thursday

 <b>Chicken Florentine</b>	425 Cals	\$2.49	White Rice	100 Cals	\$0.75
Meatball Stew	375 Cals	\$3.49	Corn Nuggets	235 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Peas</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Smothered Okra w/shrimp</b>	75 Cals	\$1.50
Seafood Gumbo		\$4.29	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

### Friday

 <b>Cheesy Chicken Fettuccine</b>	450 Cals	\$2.99	White Rice	100 Cals	\$0.75
Beef Tips	400 Cals	\$3.49	Garlic Smashed Potatoes	145 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	<b>Blackeye Peas</b>	45 Cals	\$0.99
Soup Du Jour			 <b>California Blend</b>	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

*\*\*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


January 10th - January 14th

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


**Monday**

Chicken Stew	350 Cals	\$2.49	Green Beans	65 Cals	\$0.99
Stuffed Bell Pepper	380 Cals	\$3.99	Cream Corn	85 Cals	\$0.99
			Steamed Rice	75 Cals	\$0.75


**Tuesday**

Chicken Fried Steak	380 Cals	\$2.49	Mashed Potatoes	100 Cals	\$0.99
Thai Chili Chicken Tenders	400 Cals	\$3.49	Broccoli & Cheese	65 Cals	\$0.99
			 Roasted Veggies	65 Cals	\$0.99

**Wednesday**

Smothered Pork Chop	380 Cals	\$2.49	Sweet Peas	65 Cals	\$0.99
White Beans & Sausage	350 Cals	\$2.49	 California Blend Veggies	45 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.75

**Thursday**

Barbecue Chicken	350 Cals	\$2.49	 Malibu Blend Veggies	45 Cals	\$0.99
Barbecue Sausage Link	380 Cals	\$2.99	Rice Dressing	150 Cals	\$1.50
			Yams	150 Cals	\$0.99

**Friday**

Beef Enchilada Casserole	450 Cals	\$2.49	Corn on the Cob	85 Cals	\$0.99
Loaded Potato Soup	400 Cals	\$2.99	Spanish Rice	100 Cals	\$0.99
			Boudin Balls		\$2.49



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

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

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