



Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm




August 1-7

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




Monday

 Jack Miller Chicken Quarters	375 Cals	\$2.49		Macaroni and Cheese	235 Cals	\$1.50
Country Fried Steak	440 Cals	\$2.99		Mashed Potatoes	145 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Cali Blend		45 Cals	\$0.99
White Gravy		\$0.25	 Roasted Brussel Sprouts		90 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal		\$1.00
Loaded Potato Soup		\$2.49				




Tuesday

 Meatloaf	375 Cals	\$3.49		Mashed Potatoes	145 Cals	\$0.99
Stuffed Chicken Breast	365 Cals	\$2.99		Carrot Souffle	165 Cals	\$1.50
Roasted Red Pepper Gouda Soup		\$2.00	 Smothered Green Beans		90 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Lima Beans		90 Cals	\$0.99
Rotisserie Chicken			Sweet or Idaho Potatoes	100-150 Cal		\$1.00

Wednesday

 Chicken and Tasso Pasta	375 Cals	\$3.49		Broccoli Cheese Rice Casserole	200 Cals	\$1.50
Tortilla Crusted Tilapia	150 Cals	\$2.99		Fried Okra	90 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Malibu Blend		45 Cals	\$0.99
White Chicken Chili		\$2.49	 Corn Macque Choux		45 Cals	\$0.99
Garlic Toast	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal		\$1.00

Thursday

 Baked Chicken	250 Cals	\$2.49		Corn Nuggets	180 Cals	\$1.50
Smothered Pork Chops	350 Cals	\$2.99		Garlic Mashed Potatoes	145 Cals	\$0.99
Corn Muffin	190 Cals	\$0.75	 Bermuda Blend		45 Cals	\$0.99
Chili		\$3.49	 Sweet peas		45 Cals	\$0.99
White Rice	100 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal		\$1.00

Friday

 Fried Fish	400 cal	\$2.99		Au Gratin Potatoes	200 Cals	\$0.99
 Thai Basil Beef	350 Cals	\$3.49		Shrimp Fried Rice	265 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Carrots		45 Cals	\$0.99
Chicken and Sausage Gumbo		\$3.49	 Winter Blend		45 Cals	\$0.99
Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal		\$1.00
			Eggroll			\$0.99

Saturday Spaghetti \$2.49/scoop

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
 August 1st - August 5th

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



Monday

Smothered Pork Chop	480 Cals	\$2.99	Steamed Rice	100 Cals	\$0.75
Black Eyed Peas	380 Cals	\$2.49	Smothered Cabbage	85 Cals	\$1.50
			 Steamed Veggies	45 Cals	\$0.99



Tuesday

Beef & Broccoli	450 Cals	\$3.49	 Grilled Asparagus	65 Cals	\$1.50
Orange Chicken	550 Cals	\$3.99	Corn Nuggets	85 cals	\$1.50
			Pork & Vegetable		\$1.50
			Egg Roll		


Wednesday

 Praline Chicken	550 Cals	\$3.99	 California Blend Veggies	45 Cals	\$0.99
Spaghetti & Meatsauce	400 Cals	\$3.49	Garlic Parmesan	100 Cals	\$0.99
			Mashed Potatoes		

Thursday

 Baked Chicken	350 Cals	\$2.49	 Saueed Green Beans	65 Cals	\$1.25
Homemade Chili	500 Cals	\$3.49	Garden Rice	200 Cals	\$0.99

Friday

Chiken Quesadilla	550 Cals	\$3.99	Onion Rings		\$1.50
Fried Drumetts	480 Cals	\$3.99	 Steamed Veggies	45 Cals	\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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