




Main Campus
 Breakfast 6:30 am - 9:30 am
 Lunch 11 am - 2:00 pm
 May 16 - 20

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

Monday

Fried Pork Chop	450 Cals	\$2.49	Pork Egg Roll	180 Cals	\$1.50
Sweet and Sour Chicken	300 Cals	\$2.99	Buttered Corn	200 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Oriental Blend	45 Cals	\$0.99
Loaded Potato Soup		\$2.00	 Carrots		\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Tuesday

 Cajun Baked Fish	200 Cals	\$2.99	Cornbread Stuffing	150 Cals	\$0.99
Roasted Turkey Roll	300 Cals	\$3.49	 Rice Dressing	185 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Collard Greens	100 Cals	\$0.99
Broccoli and Cheese Soup		\$2.00	 Malibu Blend	45 Cals	\$0.99
Garlic Toast	150 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Wednesday

 Alice Springs Chicken	400 cals	\$2.99	Garden Rice	400 Cals	\$0.99
 Hamburger Steak w/ Onions	450 Cals	\$3.49	Cajun Red Potatoes	140 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Peas	45 Cals	\$0.99
Soup Du Jour			 Grilled Zucchini and Squash	45 Cals	\$0.99
Fresh Baked Dinner Roll			Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

Praline Chicken	425 Cals	\$3.99	Steamed Rice	100 Cals	\$0.75
Meatball Stew	350 Cals	\$3.49	Garlic Mashed Potatoes	165 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Corn Nuggets	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Broccoli	45 Cals	\$0.99
Soup du jour			Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Friday

Fried Fish	200 Cals	\$2.49	Steamed Rice	100 Cals	\$1.50
Beef Roast & Gravy	365 Cals	\$4.99	Macaroni & Cheese	165 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Navy Beans	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Cali 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.



NORTH CAMPUS
 Breakfast 7:00 am-9:00am
 Lunch 11am-1:00pm
 May 16 th- May 20 th

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

Monday

Smothered Beef Tips	380 Cals	\$2.99		Normandy Veggies	45 Cals	\$0.99
Black Eye Peas & Sausage	350 Cals	\$2.49		Sauteed Green Beans	65 Cals	\$0.99
				Steamed Rice	100 Cals	\$0.75

Tuesday

Baked Fish	300 Cals	\$2.49		Bermuda Blend Veggies	45 Cals	\$0.99
Garlic Parmesan Wings	380 Cals	\$3.99		Broccoli Rice Casserole	100 Cals	\$1.50
Corn Nuggets		\$0.99				

Wednesday

Pork Loin	380 Cals	\$2.99		Capri Blend Veggies	125 Cals	\$1.50
Smothered Potatoes & Sausage	125 Cals	\$1.50		Baked Beans	85 Cals	\$0.99
				Steamed Rice	100 Cals	\$0.75

Thursday

Lasagna	425 Cals	\$2.99		Corn on the Cob	85 Cals	\$0.99
Fried Pork Chop	450 Cals	\$2.99		Homestyle Mashed Potatoes	100 Cals	\$0.99
				California Blend Veggies	45 Cals	\$0.99

Friday

Chicken Quesadilla	480 Cals	\$3.49		Seasoned Potato Wedges	100 Cals	\$0.99
Chili Dog	400 Cals	\$1.50		Pork Egg Roll		\$0.99
				Malibu Blend Veggies	45 Cals	\$0.99

