








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

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	\$2.49		Corn Macque Choux	165 Cals	\$0.99
Roasted Red Pepper Gouda Soup		\$2.00	 Malibu Blend		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	\$2.49		Roasted Red Potatoes	200 Cals	\$0.99
Tortilla Crusted Tilapia	150 Cals	\$2.99		Fried Okra	90 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Carrots		45 Cals	\$0.99
White Chicken Chili		\$2.49	 Smothered Green Beans		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 cals	\$2.99		Au Gratin Potatoes	200 Cals	\$0.99
 Beef Stir Fry w/ Veggies	350 Cals	\$3.49		Shrimp Fried Rice	265 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Prince Edward Blend		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.*




Breakfast 7:00 am-9:00am
 Lunch 11am-1:00pm
 January 17th - January 21st

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


Monday

Meatloaf	400 Cals	\$3.49		Malibu Blend Veggies	45 Cals	\$0.99
Red Beans & Sausage	380 Cals	\$2.49		Steamed Rice	100 Cals	\$0.75
				Scalloped Potatoes	125 Cals	\$0.99


Tuesday

	Baked Fish	300 Cals	\$2.49	Glazed Baby Carrots	85 Cals	\$0.99
	Bacon Wrapped Chicken Breast	380 Cals	\$3.49	Rosemary Potatoes	100 Cals	\$0.99
				Broccoli Rice Casserole	125 Cals	\$0.99


Wednesday

Homemade Chili	400 Cals	\$2.49		Green Beans	65 Cals	\$0.99
Smothered Beef Tips	400 Cals	\$3.49		Bermuda Blend Veggies	45 Cals	\$0.99
Mexican Cornbread	125 Cals	\$0.99		Steamed Rice	100 Cals	\$0.75

Thursday

Chicken & Tasso Pasta	450 Cals	\$3.49		Roasted Garden Veggies	45 Cals	\$0.99
Fried Jumbo Wings	400 Cals	\$3.99		Corn Nuggets	85 cals	\$0.99
				Loaded Mashed Potatoes	125 Cals	\$0.99

Friday

Fried Fish	350 Cals	\$2.99		Baked Mac N Cheese	100 Cals	\$1.50
Pork Loin	380 Cals	\$3.49		California Blend Veggies	45 Cals	\$0.99
				Fried Okra		\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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