











Main Campus
 Breakfast 6:30 am - 9:30 am
 Lunch 11 am - 2:00 pm
 June 27-July 3

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

Monday

	Cajun Baked Fish	450 Cals	\$2.99	Pork Egg Roll	180 Cals	\$1.50
	Mandarin Chicken	300 Cals	\$3.49	Ham Fried Rice	65 Cals	\$1.50
	Rotisserie Chicken	250 Cals	\$2.49	 Stir Fried Veggies	165 Cals	\$0.99
	Loaded Potato Soup		\$2.00	 Winter Blend	45 Cals	\$0.99
	Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Tuesday

	Praline Chicken	400 cals	\$2.99	Roasted Red Potatoes	400 Cals	\$0.99
	Hamburger Steak w/ Onions	450 Cals	\$3.49	Garlic Mashed Potatoes	140 Cals	\$0.99
	Rotisserie Chicken	250 Cals	\$2.49	 Zucchini & Squash	45 Cals	\$0.99
	Soup Du Jour			 Bermuda Blend	45 Cals	\$0.99
	Fresh Baked Dinner Roll			Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Wednesday

	Fried Pork Chop	200 Cals	\$3.49	Cornbread Stuffing	150 Cals	\$0.99
	Roasted Turkey Roll	300 Cals	\$2.99	Rice Dressing	185 Cals	\$1.50
	Rotisserie Chicken	250 Cals	\$2.49	 Collard Greens	100 Cals	\$0.99
	Broccoli and Cheese Soup		\$2.00	Vegetable Blend	45 Cals	\$0.99
	Garlic Toast	150 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

	Alice Springs Chicken	425 Cals	\$2.99	Mashed Potatoes	165 Cals	\$0.99
	Meatball Stew	350 Cals	\$3.49	Corn Nuggets		\$1.50
	Rotisserie Chicken	250 Cals	\$2.49	 Malibu Blend	45 Cals	\$0.99
	Fresh Baked Dinner Roll	190 Cals	\$0.75	 Peas	45 Cals	\$0.99
	Soup du jour			Sweet or Idaho Potatoes	100-150 Cal	\$1.00
				Steamed Rice	100 Cals	\$0.75

Friday

	Fried Fish	200 Cals	\$2.99	Macaroni & Cheese	165 Cals	\$1.50
	Beef Roast & Gravy	365 Cals	\$3.49	 Navy Beans	45 Cals	\$0.99
	Rotisserie Chicken	250 Cals	\$2.49	Smothered Green Beans		\$0.99
	Fresh Baked Dinner Roll	190 Cals	\$0.75	 Cali Blend	45 Cals	\$0.99
	Soup du jour			Steamed Rice	100 Cals	\$0.75
				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
 June 27th - July 1st

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


Monday

Pineapple Glazed Ham	480 Cals	\$2.99	Rice Dressing	200 Cals	\$1.50
 Baked Chicken	350 Cals	\$2.49	Yams	180 Cals	\$0.99
			 Green beans	65 Cals	\$0.99


Tuesday

Shrimp Stew	480 Cals	\$2.99	 Malibu Blend Veggies	45 Cals	\$0.99
Mexican Cornbread Casserole	500 Cals	\$2.99	Steamed Rice	100 Cals	\$0.75
			Fried Okra	85 Cals	\$0.99


Wednesday

Hamburger Steak	450 cals	\$2.99	Mashed Potatoes	100 Cals	\$0.99
Fried Drummies	400 Cals	\$3.49	 Bermuda Blend Veggies	45 Cals	\$0.99
			Cabbage Rolls	200 Cals	\$1.50

Thursday

Black Eye Peas & Sausage	400 Cals	\$2.49	 Steamed Broccoli	45 Cals	\$0.99
Chicken Quesadilla	480 cals	\$3.99	Steamed Rice	100 Cals	\$0.75
			Sweet Potato Souffle	200 Cals	\$1.50

Friday

Hot Dog	425 Cals	\$1.50	Loaded Fries	300 Cals	\$2.49
Hot Dog / Chili	480 Cals	\$2.99	 California Blend Veggies	45 Cals	\$0.99
Shrimp & Corn Bisque	400 Cals	\$3.49			

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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