




Main Campus






Breakfast 6:30 am - 9:30 am

Lunch 11 am - 2:00 pm

November 21-27

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






Monday

 Cajun Baked Fish	200 Cals	\$2.99	Mashed Potatoes	250 Cals	\$1.50
 Gochujang Chicken	300 Cals	\$2.99	Ham Fried Rice	235 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Carrots	45 Cals	\$0.99
Taco Soup		\$3.49	 Stir Fry Broccoli	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			Pork Egg Roll		\$1.65

Tuesday

 Beef Stir Fry	265 Cals	\$3.49	Mashed Potatoes	145 Cals	\$0.99
Chicken Florentine	350 Cals	\$2.99	 Lo Mein Noodles	85 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Winter Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Oriental Blend	90 Cals	\$0.99
Shrimp & Corn Bisque		\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			Dumplings (6)		\$2.49

Wednesday

 Chicken Cordon Bleu (2)	200 Cals	\$2.99	 Smothered Potatoes w/Sausage/Onions	100 Cals	\$1.50
Hamburger Steak w/ Onions	300 Cals	\$3.49	Buttered Corn	90 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Grilled Zucchini and Squash	45 Cals	\$0.99
Garlic Toast	190 Cals	\$0.75	 Smothered Green Beans	45 Cals	\$0.99
Roasted Red Pepper Gouda		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

 Cabbage Rolls	425 Cals	\$2.99	Mashed Potatoes	100 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	Corn Nuggets	235 Cals	\$1.50
			 California Blend	45 Cals	\$0.99

Friday

 Fried Fish	265 Cals	\$2.99	Macaroni & Cheese	100 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Sicilian Blend Veggies	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Fried Okra	235 Cals	\$0.99

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
 November 21st - November 25th





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




Monday

Red Beans & Sausage	550 Cals	\$2.99	 California Blend Veggies	45 Cals	\$0.99
Fried Chicken Strips	600 Cals	\$3.99	Steamed Rice	100 Cals	\$0.75
Barbecue Pulled Pork with /Bun	400 Cals	\$2.49			
		\$3.49			

Tuesday

 Baked Fish	300 Cals	\$2.49	Vegetable Lomein	280 Cals	\$1.99
Orange Chicken	680 Cals	\$3.99	Pork Egg Roll		\$1.50
			 Asian Sugar Snap Peas	85 Cals	\$0.99

Wednesday

Glazed Ham	400 Cals	\$2.49	Cornbread Dressing	300 Cals	\$1.99
 Garlic & Herb Chicken Breast	350 Cals	\$2.99	 Sweet Peas	85 Cals	\$0.99
Honey Buttered Roll		\$0.75	Carrot Souffle	280 Cals	\$1.50
			 Malibu Blend Vegetables	45 Cals	\$0.99

Thursday

CAFÉ CLOSED

Friday

CAFÉ CLOSED

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

