



Main Campus
 Breakfast 6:30 am - 9:30 am
 Lunch 11 am - 2:00 pm
 Nov 22-28

Monday

Cabbage Rolls	280 Cals	\$2.99	Macaroni & Cheese	165 Cals	\$1.50
Chicken Strips (2)	450 Cals	\$2.49	Loaded Potatoes	150 Cals	\$0.99
♥ Rotisserie Chicken	250 Cals	\$2.49	White Bean & Ham	190 Cals	\$0.99
♥ Lentil Soup		\$2.00	♥ Winter Blend	45 Cals	\$0.99
Garlic Toast	150 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Tuesday

♥ Cajun Baked Fish	200 Cals	\$2.99	Oven Roasted Red Potatoes	140 Cals	\$0.99
Red Beans and Sausage	365 Cals	\$2.49	White Rice	100 Cals	\$0.75
♥ Rotisserie Chicken	250 Cals	\$2.49	♥ Roasted Brussel Sprouts	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	♥ Steamed Greens	45 Cals	\$0.99
Cheesy Chicken Tortilla Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Wednesday

Lasagna	265 Cals	\$2.99	Corn	110 Cals	\$0.99
♥ Wood Grilled Chicken	375 Cals	\$2.49	♥ Mashed Sweet Potatoes	185 Cals	\$0.99
♥ Rotisserie Chicken	250 Cals	\$2.49	♥ Steamed Green Beans	100 Cals	\$0.75
Vegetable Beef Soup		\$2.00	♥ Cali Blend	45 Cals	\$0.99
Garlic Toast	150 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday Thanksgiving

Pork Roast	440 Cals	\$3.49	White Rice	100 Cals	\$0.75
♥ Rotisserie Chicken	250 Cals	\$2.49	Vegetable Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	♥ Black Eye Peas	110 Cals	\$0.99
			Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Friday

Fried Fish	400 cals	\$2.99	Garlic Mashed Potatoes	165 Cals	\$0.99
Cheesy Chicken Fettuccine	450 Cals	\$2.49	♥ Zucchini and Squash	45 Cals	\$0.99
♥ Rotisserie Chicken	250 Cals	\$2.49	♥ Smothered Green Beans	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.*




Breakfast 7:00 am-9:00am
Lunch 11am-1:00pm
Nov 22nd - Nov 26th

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

Monday

Orange Chicken	380 Cals	\$3.49		California Blend Veggies	45 Cals	\$0.99
Black Eye Peas & Sausage	350 Cals	\$2.49		Vegetable LoMein	300 Cals	\$1.99
				Steamed Rice	100 Cals	\$0.75

Tuesday

Hamburger Steak	400 Cals	\$3.49		Grilled Asparagus	45 Cals	\$0.99
Sweet Chili Chicken Tenders	400 Cals	\$2.99		Scalloped Potatoes	100 Cals	\$0.99
				Baked Beans	85 Cals	\$0.99

Wednesday

CAFÉ CLOSED

Thursday

CAFÉ CLOSED

Friday

CAFÉ CLOSED



Saturday Closed (Main Campus Bistro is open!)  

Sunday Closed (Main Campus Bistro is open!)

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