



### Main Campus





Breakfast 6:30am-9:30am

Lunch 11am-2:00pm



June 20-26

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






#### Monday

 <b>Jack Miller Chicken Quarters</b>	375 Cals	\$2.49	Macaroni and Cheese	235 Cals	\$1.50
Country Fried Steak	440 Cals	\$2.99	Mashed Potatoes	145 Cals	\$0.99
 <b>Rotisserie Chicken</b>		\$2.49	 <b>Bermuda Blend</b>	45 Cals	\$0.99
White Gravy		\$0.25	 <b>Roasted Brussel Sprouts</b>	90 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
Soup Du Jour					


#### Tuesday

Chicken and Tasso Pasta	250 Cals	\$2.49	Corn Nuggets	180 Cals	\$1.50
Smothered Pork Chops	350 Cals	\$2.99	Garlic Mashed Potatoes	145 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Cali Blend</b>	45 Cals	\$0.99
Soup Du Jour			 <b>Smothered Green Beans</b>	45 Cals	\$0.99
White Rice	100 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
<b>Rotisserie Chicken</b>		\$2.49			

#### Wednesday

 Chicken Stew w/New Potatoes	375 Cals	\$3.49	White Rice		\$0.75
 <b>Tortilla Crusted Tilapia</b>	150 Cals	\$2.99	Fried Okra	90 Cals	\$0.99
 <b>Rotisserie Chicken</b>		\$2.49	 <b>Carrots</b>	45 Cals	\$0.99
Soup Du Jour			 <b>Sweet peas</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

#### Thursday

Meatloaf	375 Cals	\$3.49	Mashed Potatoes	145 Cals	\$0.99
 <b>Stuffed Chicken Breast</b>	365 Cals	\$2.99	Corn Macque Choux	165 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Malibu Blend</b>	90 Cals	\$0.99
Soup Du Jour			 <b>Lima Beans</b>	90 Cals	\$0.99
 <b>Rotisserie Chicken</b>		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

#### Friday

 Fried Fish	400 cals	\$2.99	Au Gratin Potatoes	200 Cals	\$0.99
 <b>Beef Stir Fry w/ Veggies</b>	350 Cals	\$3.49	Shrimp Fried Rice	265 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Prince Edward Blend</b>	45 Cals	\$0.99
Soup Du Jour			 <b>Winter Blend</b>	45 Cals	\$0.99
Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			Eggroll		\$1.50



NORTH CAMPUS  
 Breakfast 7:00 am-9:00am  
 Lunch 11am-1:00pm  
 June 20th - June 24th

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

**Monday**

Chicken Enchilada Casserole	480 Cals	\$3.49	Steamed Veggies	45 Cals	\$0.99
Blackened Fish	380 Cals	\$2.49	Corn on the Cob	85 Cals	\$0.99
			Spanish Rice	100 Cals	\$0.99

**Tuesday**

Spaghetti & Meatsauce	480 Cals	\$3.49	Scalloped Potatoes	125 Cals	\$0.99
Fried Pork Chop	380 Cals	\$2.99	Green Beans	65 Cals	\$0.99
			Buttered Corn	85 Cals	\$0.99

**Wednesday**

Rotisserie Chicken	300 Cals	\$2.49	Malibu Veggies	45 Cals	\$0.99
Smothered Beef Tips	400 Cals	\$3.49	Sweet Peas	65 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.75

**Thursday**

Grilled Ribeye	400 Cals	\$4.25	Grilled Asparagus	85 Cals	\$1.50
Garlic Parmesan Wings	380 Cals	\$3.99	Stuffed Bell Pepper	200 Cals	\$2.49
			Cornbread Dressing	400 Cals	\$1.50

**Friday**

Fried Fish	425 Cals	\$2.99	Mac N Cheese	200 Cals	\$1.50
Shrimp Fried Rice	480 Cals	\$3.49	Fried Green Beans	125 Cals	\$1.50
			Steamed Vegetables	45 Cals	\$0.99



**Saturday** Closed (Main Campus Bistro is open!)

**Sunday** Closed (Main Campus Bistro is open!)

\*\*Menu subject to change. Calories are based on strict portion sizes & will vary based on your individual serving & added condiments.