



**Main Campus**  
 Breakfast 6:30am-9:30am  
 Lunch 11am-2:00pm  
 May 23-29

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

**Monday**

Chicken Strips (2)	450 Cals	\$2.49	Macaroni and Cheese	235 Cals	\$1.50
Red Beans and Sausage	280 Cals	\$2.99	Steamed Rice	100 Cals	\$0.75
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Smothered Greens w/Ham</b>	100 Cals	\$0.99
Classic Chicken Noodle Soup		\$2.00	 <b>Winter Blend Veggies</b>	45 Cals	\$0.99
Garlic Toast	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

**Tuesday**

 <b>Cabbage Rolls</b>	365 Cals	\$2.99	Fried Okra	100 Cals	\$0.99
Cheesy Alfredo Shrimp Pasta	280 Cals	\$2.49	 <b>Black Eye Peas</b>	200 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Capri Blend</b>	45 Cals	\$0.99
 <b>Minestrone Soup</b>		\$2.00	 <b>Green Beans</b>	45 Cals	\$0.99
Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00




**Wednesday**

Chicken Stew	253 Cals	\$3.49	Steamed Rice	100 Cals	\$0.75
Roasted Pork Loin	350 Cals	\$2.99	Loaded Potatoes	165 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Zucchini and Squash</b>	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Sweet Peas</b>	45 Cals	\$0.99
Broccoli Cheese Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

**Thursday**

Beef Fajita Stir Fry	380 Cals	\$3.49	Spanish Rice	120 Cals	\$0.99
Anniversary Chicken	450 Cals	\$2.99	Diced Ranch Potatoes	225 Cals	\$0.99
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Winter Blend</b>	45 Cals	\$0.99
Vegetable Beef Soup		\$2.49	 <b>Charro Beans</b>	90 Cals	\$0.99
8 in Tortillas		\$0.25	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			White Queso		\$0.75

**Friday**

Brisket (2 slices)	200 Cals	\$3.49	Baked Beans	165 Cals	\$0.99
<b>Fried Fish</b>	425 Cals	\$2.99	Rice Dressing	210 Cals	\$1.50
 <b>Rotisserie Chicken</b>	250 Cals	\$2.49	 <b>Smothered Okra</b>	150 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 <b>Bermuda Blend</b>	45 Cals	\$0.99
Soup Du Jour			Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			White Rice	100 Cals	\$0.75

**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  
May 23 th- May 27 th

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



**Monday**

Meatloaf	380 Cals	\$3.49	 Baby Carrots	45 Cals	\$0.99
Sweet Chili Tenders	350 Cals	\$3.49	Sautéed Green Beans	65 Cals	\$0.99
Corn Nuggets	400 Cals	\$0.99	Homestyle Mashed Pot	100 Cals	\$0.99


**Tuesday**

 Baked Chicken	300 Cals	\$2.49	 California Blend Veggies	45 Cals	\$0.99
Red Bean & Sausage	380 Cals	\$2.49	Fried Okra	200 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.75

**Wednesday**

 Smothered Beef Tips	380 Cals	\$3.49	 Steamed Broccoli	125 Cals	\$0.99
 Baked Fish	125 Cals	\$1.50	Macaroni & Cheese	200 Cals	\$1.50
			Steamed Rice	100 Cals	\$0.75

**Thursday**

Spaghetti & Meat Sauce	425 Cals	\$2.99	Sweet Corn	85 Cals	\$0.99
Grilled Pork Chops	450 Cals	\$2.99	Cornbread Dressing	100 Cals	\$1.50
			 Capri Blend Veggies	45 Cals	\$0.99

**Friday**

Orange Chicken	480 Cals	\$3.49	Vegetable Lo Mein	100 Cals	\$1.50
Chili Dog	400 Cals	\$3.49	Pork Egg Roll		\$0.99
Hot Dog (no chili)	300 Cals	\$2.49	 Fried Potato wedges	200 Cals	\$1.50

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

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

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