



NORTH CAMPUS
 Breakfast 7:00 am-9:00am
 Lunch 11am-1:00pm
 September 26 - September 30



All



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

Monday

Chicken Fettuccine	600 Cals	\$2.99	Cheesy Scalloped Potatoes	250 Cals	\$1.50
Roast Beef	500 Cals	\$3.49	Glazed Baby Carrots	85 Cals	\$0.99
Honey Butter Roll		\$0.75	Green Beans	65 Cals	\$0.99

Tuesday

Smothered Pork Chop	400 Cals	\$2.99	Steamed Broccoli	45 cals	\$0.99
Honey Mustard Rotisserie Chicken	350 Cals	\$2.49	Baked Beans	100 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.75

Wednesday

Shrimp Stew	500 Cals	\$3.49	Steamed Rice	100 Cals	\$0.75
Beef Stromboli	600 Cals	\$3.49	Malibu Blend Veggies	45 cals	\$0.99
			Sweet Peas	85 Cals	\$0.99

Thursday

Baked Turkey Wings	380 Cals	\$2.49	Roasted Corn	85 Cals	\$0.99
Cabbage Casserole	500 Cals	\$3.49	Cornbread Dressing	550 Cals	\$1.99
Honey Butter Roll		\$0.75	Yams	500 Cals	\$0.99

Friday

Fried Fish	425 Cals	\$2.99	Bermuda Blend Veggies	65 Cals	\$0.99
White Beans & Sausage	580 Cals	\$2.49	Steamed Rice	100 Cals	\$0.75
			Capri Blend Veggies	45 Cals	\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

Specials



Breakfast:

Dessert:

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

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Main Campus




Breakfast 6:30 am - 9:30 am

Lunch 11 am - 2:00 pm




Sept 26-Oct 2

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






Monday

Fried Pork Chop	450 Cals	\$2.99	Pork Egg Roll	180 Cals	\$1.50
Sweet and Sour Glazed Chicken	300 Cals	\$2.49	Loaded Mashed Potatoes	65 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Oriental Blend	165 Cals	\$0.99
Loaded Potato Soup		\$2.00	 Carrots	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00


Tuesday

 Baked Chicken	250 Cals	\$2.49	Corn Nuggets	400 Cals	\$1.50
Cabbage Rolls	450 Cals	\$3.49	Cheesy Broccoli & Rice Casserole	140 Cals	\$1.50
Chicken Noodle Soup		\$2.49	 5-Way Veggie Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll			 Winter Blend Veggies	45 Cals	\$0.99
			Sweet or Idaho Potatoes	100-150 Cal	\$1.00




Wednesday

 Cajun Baked Fish	200 Cals	\$2.99	Cornbread Stuffing	150 Cals	\$0.99
Chicken Strips	300 Cals	\$2.49	 Rice Dressing	185 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Collard Greens	100 Cals	\$0.99
Broccoli & Cheese Soup		\$2.49	 Malibu Blend	45 Cals	\$0.99
Garlic Toast	150 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

Praline Chicken	425 Cals	\$3.49	Steamed Rice	100 Cals	\$0.75
Beef Tips Portabella	350 Cals	\$3.99	Garlic Mashed Potatoes	165 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 California Blend	45 Cals	\$1.50
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Sweet Peas	45 Cals	\$0.99
Chicken Enchilada Soup		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Friday

Fried Fish	300 Cals	\$2.99	Steamed Rice	100 Cals	\$0.75
Beef Roast & Gravy	365 Cals	\$3.49	Macaroni & Cheese	165 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Navy Beans	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Cali Blend	45 Cals	\$0.99
Roasted Red Pepper Soup		\$2.49	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

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