

Main Campus

Breakfast 6:30 am - 9:30 am Lunch 11 am - 2:00 pm December 9 - Dec. 15

All



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

Monday			
Meatloaf	\$3.49	Garlic Mashed Potatoes	\$1.5
Lemon Fish	\$2.99	Corn Nuggets	\$1.5
Rotisserie Chicken	\$2.49	Winter Blend	\$0.9
Fresh Baked Dinner Roll	\$0.75	Sicilian Blend	\$0.9
Shrimp & Corn Bisque	\$3.49	Sweet or Idaho Potatoes	\$1.0
Tuesday			
Alice Springs Chicken	\$3.49	Home Fries	\$1.5
Unstuffed Cabbage Casserole	\$3.49	Fried Okra	\$1.5
Rotisserie Chicken	\$2.49	Green Beans	\$0.9
Fresh Baked Dinner Roll	\$0.75	Malibu Blend	\$0.9
Ultimate Baked Potato Soup	\$3.49	Sweet or Idaho Potatoes	\$1.0
Wednesday			
Orange Chicken	\$3.99	Shrimp Fried Rice	\$1.
Chargrilled Pork Chop	\$3.49	SouthWest Egg Roll	\$1.
Rotisserie Chicken	\$2.49	Sweet Peas	\$0.9
Fresh Baked Dinner Roll	\$0.75	Sesame Broccoli	\$1.
Roasted Red Pepper Gouda	\$3.49	Sweet or Idaho Potatoes / Steamed Rice	\$1.0
<u>Thursday</u>			
Sun-Dried Tomato Creamy Chicken Breast	\$3.49	Roasted Red Potatoes (Mesquite)	\$1.
Meatball Stew	\$3.49	Corn Maque Choux	\$1.
Rotisserie Chicken	\$2.49	Smothered Green Beans	\$1.
Garlic Toast	\$0.75	Winter Blend Veggies	\$0.9
Chicken Noodle Soup	\$2.49	Sweet or Idaho Potatoes / Steamed Rice	\$1.0
<u>Friday</u>			
Sausage Creole	\$3.99	Au Gratin Potatoes	\$1.
Fried Fish	\$3.49	Steamed Rice	\$0.
Rotisserie Chicken	\$2.49	California Blend	\$0.
Fresh Baked Dinner Roll	\$0.75	Prince Edward Blend	\$0.9
Chicken Enchilada Soup	\$3.49	Sweet or Idaho Potatoes	\$1.
Saturday Spaghetti \$3.49			
<u>Sunday</u> Fried Chicken Breast or Thigh \$2.49, wi	ng or leg \$1.5	50	

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

#NAME?



Breakfast 7:00 am-9:00am Lunch 11am-1:00pm December 9th - December 13th

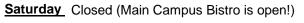


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Items are the Heart Healthy Meal Choices for the Day!!

Stuffed Bell Peppers	370 Cals	\$3.49	Buttered Corn	85 Cals	\$0.99
Shrimp Pasta	500 Cals	\$3.99	Bermuda Blend Veggies	45 Cals	\$0.99
			Sweet Potato Crunch	85 Cals	\$1.50
<u>Tuesday</u>					
Fried Fish	350 Cals	\$3.49	Broccoli Rice Casserole	190 Cals	\$1.50
Sweet Chili Drummetes	400 Cals	\$3.99	Carrot Souffle	150 Cals	\$1.50
			Gourmet Onion Rings	90 Cals	\$1.99
<u>Wednesday</u>					
Country Fried Steak	400 Cals	\$3.49	Mashed Potatoes	100 Cals	\$0.99
Homemade Beef & Vegetable	390 Cals	\$4.29	Green Beans	65 Cals	\$0.99
Soup			Corn Nuggets	80 Cals	\$0.99
<u>Thursday</u>					
Fried Chicken	450 Cals	\$3.99	Rice Dressing	200 Cals	\$1.99
Barbecue Sausage Link	400 Cals	\$3.49	Baked Beans	85 Cals	\$0.99
Fried Okra	95 Cals	\$1.50	Malibu Blend Veggies	45 Cals	\$0.99
<u>Friday</u>					
Spaghetti & Meatsauce	390 Cals	\$3.49	Steamed Vegetable Medley	45 Cals	\$0.99
Orange Chicken	360 Cals	\$3.99	Breaded Green Beans	90 Cals	\$1.50
			Pork Egg Rolls		\$1.50



Sunday Closed (Main Campus Bistro is open!)



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