




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	\$1.50
 Lemon Fish	\$2.99	Corn Nuggets	\$1.50
Rotisserie Chicken	\$2.49	 Winter Blend	\$0.99
Fresh Baked Dinner Roll	\$0.75	 Sicilian Blend	\$0.99
Shrimp & Corn Bisque	\$3.49	Sweet or Idaho Potatoes	\$1.00




Tuesday

Alice Springs Chicken	\$3.49	Home Fries	\$1.50
Unstuffed Cabbage Casserole	\$3.49	Fried Okra	\$1.50
 Rotisserie Chicken	\$2.49	 Green Beans	\$0.99
Fresh Baked Dinner Roll	\$0.75	 Malibu Blend	\$0.99
Ultimate Baked Potato Soup	\$3.49	Sweet or Idaho Potatoes	\$1.00

Wednesday

Orange Chicken	\$3.99	Shrimp Fried Rice	\$1.50
 Chargrilled Pork Chop	\$3.49	SouthWest Egg Roll	\$1.50
 Rotisserie Chicken	\$2.49	 Sweet Peas	\$0.99
Fresh Baked Dinner Roll	\$0.75	 Sesame Broccoli	\$1.50
Roasted Red Pepper Gouda	\$3.49	Sweet or Idaho Potatoes / Steamed Rice	\$1.00

Thursday

Sun-Dried Tomato Creamy Chicken Breast	\$3.49	Roasted Red Potatoes (Mesquite)	\$1.50
Meatball Stew	\$3.49	Corn Maque Choux	\$1.50
 Rotisserie Chicken	\$2.49	 Smothered Green Beans	\$1.50
Garlic Toast	\$0.75	 Winter Blend Veggies	\$0.99
Chicken Noodle Soup	\$2.49	Sweet or Idaho Potatoes / Steamed Rice	\$1.00

Friday

Sausage Creole	\$3.99	Au Gratin Potatoes	\$1.50
Fried Fish	\$3.49	Steamed Rice	\$0.99
 Rotisserie Chicken	\$2.49	 California Blend	\$0.99
Fresh Baked Dinner Roll	\$0.75	 Prince Edward Blend	\$0.99
Chicken Enchilada Soup	\$3.49	Sweet or Idaho Potatoes	\$1.00

Saturday Spaghetti \$3.49

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.

#NAME?





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



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

Monday

 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


Tuesday

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


Wednesday

Country Fried Steak	400 Cals	\$3.49	Mashed Potatoes	100 Cals	\$0.99
 Homemade Beef & Vegetable Soup	390 Cals	\$4.29	Green Beans	65 Cals	\$0.99
			Corn Nuggets	80 Cals	\$0.99

Thursday

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

Friday

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

Saturday Closed (Main Campus Bistro is open!) 

Sunday Closed (Main Campus Bistro is open!) 

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