





Breakfast 6:30am-9:30am

Lunch 11am-2:00pm





Feb. 17 - 23

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



Monday

| | | | | | |
|--|-----------------------------------|--------|---|--------------------------------|--------|
| | Beef Stew w/Potatoes & Carrots | \$3.49 | | Steamed Rice | \$0.99 |
|  | CharGrilled Chicken Breast | \$2.49 | | Sweet Potato Casserole | \$1.50 |
|  | Rotisserie Chicken | \$2.49 |  | Winter Blend | \$0.99 |
| | Ultimate Baked Potato Soup | \$3.49 |  | Smothered Okra w/ Tasso | \$1.50 |
| | Dinner Roll | \$0.75 | | Sweet or Idaho Potatoes | \$1.00 |


Tuesday

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|--|---------------------------|--------|---|-------------------------|--------|
|  | Baked Fish | \$2.99 | | Rice Dressing | \$1.50 |
| | BBQ Glazed Pork Ribs | \$4.99 | | Loaded Potatoes | \$1.50 |
|  | Rotisserie Chicken | \$2.49 |  | Sweet Peas | \$0.99 |
| | Chicken Noodle Soup | \$2.49 |  | Broccoli | \$0.99 |
| | Dinner Roll | \$0.75 | | Sweet or Idaho Potatoes | \$1.00 |

Wednesday

| | | | | | |
|---|----------------------------|--------|---|-------------------------|--------|
| | Louisiana Purchase Pasta | \$2.99 | | Corn Nuggets | \$1.50 |
| | Beef Fajita Skillet | \$3.99 |  | Charro Beans | \$0.99 |
|  | Rotisserie Chicken | \$2.49 |  | California Blend | \$0.99 |
| | Broccoli & Cheese Soup | \$2.49 |  | Roasted Veggies | \$1.50 |
| | Garlic Toast | \$0.75 | | Sweet or Idaho Potatoes | \$1.00 |

Thursday

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|--|--|--------|---|-------------------------|--------|
|  | Spaghetti & Meatballs | \$3.99 | | Fried Okra | \$1.50 |
|  | Brown Sugar Chargrilled Pork Chop | \$3.49 | | Garlic Mashed Potatoes | \$1.50 |
|  | Rotisserie Chicken | \$2.49 |  | Smothered Green Beans | \$0.99 |
| | Chicken Enchilada Soup | \$3.49 |  | Corn | \$0.99 |
| | Garlic Toast | \$0.75 | | Sweet or Idaho Potatoes | \$1.00 |

Friday

| | | | | | |
|--|---------------------------------------|--------|---|---------------------------|--------|
| | Fried Fish | \$3.49 | | Macaroni and Cheese | \$1.50 |
|  | Herb Crusted Roasted Pork Loin | \$3.49 | | Oven Roasted Red Potatoes | \$1.50 |
|  | Rotisserie Chicken | \$2.49 |  | Prince Edwards | \$0.99 |
| | Shrimp and Corn Bisque | \$4.29 |  | Malibu Blend | \$0.99 |
| | Dinner Roll | \$0.75 | | 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.*

Specials




Breakfast 7:00 am-9:00am
Lunch 11am-1:00pm
February 17th - February 21st




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


Monday

| | | | | | |
|----------------------|----------|--------|---|----------|--------|
| Creamy Chicken Pasta | 450 Cals | \$3.49 |  Steamed Vegetable Medley | 45 Cals | \$0.99 |
| Fried Pork Chop | 370 Cals | \$3.49 | Corn on the Cob | 80 Cals | \$0.99 |
| Honey Buttered Roll | 120 Cals | \$1.50 | Candied Yams | 180 Cals | \$0.99 |


Tuesday

| | | | | | |
|---|----------|--------|--------------------|----------|--------|
| Smothered Beef Tips | 400 Cals | \$3.49 | Steamed Vegetables | 45 Cals | \$0.99 |
|  Baked Chicken | 390 Cals | \$2.49 | Mustard Greens | 85 Cals | \$0.99 |
| White Cheddar Mac N Cheese | 200 Cals | \$1.50 | Steamed Rice | 100 Cals | \$0.99 |



Wednesday

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|--------------------------|----------|--------|---|----------|--------|
| Chicken Stew | 400 Cals | \$3.49 | Steamed Rice | 100 Cals | \$0.99 |
| Homemade Chili & Beans | 420 Cals | \$3.49 |  Green Beans | 65 Cals | \$0.99 |
| Honey Buttered Cornbread | 200 Cals | \$1.50 | Corn Machoux | 85 Cals | \$1.50 |

Thursday

| | | | | | |
|---------------------|----------|--------|--|----------|--------|
| Fried Fish | 425 Cals | \$3.99 | Steamed Rice | 100 Cals | \$0.99 |
| Red Beans & Sausage | 300 Cals | \$3.49 |  Baked Sweet Potato | 80 Cals | \$1.50 |
| Southwest Egg Rolls | 170 Cals | \$1.99 | Battered Green Beans | 95 Cals | \$1.99 |

Friday

| | | | | | |
|--|----------|--------|---|----------|--------|
| Fried Chicken | 450 Cals | \$3.99 | Broccoli Cheese Casserole | 120 Cals | \$1.50 |
|  Blackened Fish | 300 Cals | \$2.99 |  Mixed Veggies | 45 Cals | \$0.99 |
| Seasoned Potato Wedges | 150 Cals | \$1.99 | Corn Nuggets | 90 Cals | \$1.99 |

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.*