





Main Campus
 Breakfast 6:30am-9:30am
 Lunch 11am-2:00pm
 Mar.24 - Mar.30

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




Monday

 Country Fried Steak	360 Cals	\$3.49	Mashed Potatoes	145 Cals	\$1.50
 Chipotle Citrus BBQ Chicken Qtr	270 Cals	\$2.49	Rice Dressing	190 Kcal	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Winter Blend	45 Cals	\$0.99
White Gravy	45 Cals	\$0.25	 Grilled Squash Medley	45 Cals	\$1.50
Dinner Roll	130 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50
Chicken Noodle Soup		\$2.49			



Tuesday

Bowtie Pasta with Bolognese sauce	400 Kcal	\$3.49	Fried Okra	250 Cals	\$1.50
Anniversary Chicken	350 Kcal	\$3.49	Roasted Garlic Mashed Potatoes	165 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Buttered Corn	90 Cals	\$0.99
Chicken & Sausage Gumbo		\$3.99	 Sauteed Green Beans	90 Cals	\$0.99
Dinner Roll	130 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50


Wednesday

Blackened Fish	360 Kcal	\$2.99	Corn Nuggets	250 Cals	\$1.50
Meatball Stew	480 Cals	\$3.49	Steamed rice	165 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	 Sweet Peas	45 Cals	\$0.99
Roasted Red Pepper & Gouda	450 Cals	\$3.49	 California Blend Veggies	265 Cals	\$0.99
Dinner Roll	130 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Thursday

Praline Chicken	550 Kcal	\$3.49	Cilantro Lime Rice	400 Cals	\$0.99
Mexican Casserole	400 Cals	\$3.99	Corn and Black Bean Medley	45 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Roasted Broccoli	45 Cals	\$1.50
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Ranch Carrots	45 Cals	\$0.99
Broccoli & Cheese Soup	360 Cals	\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Friday

Fried Fish	413 Cals	\$3.49	French Fries	170 Cals	\$1.50
Philly Cheesesteak Sandwich	450 Cals	\$3.49	 Carrot Souffle	145 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Smothered Okra w/shrimp	150 Cals	\$1.50
Queso		\$0.75	 Malibu Blend	45 Cals	\$0.99
Loaded Potato Soup	190 Kcal	\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50
			Rice		\$0.99

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

March 24th -28th





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



Monday

Red Beans & Sausage	375 Cals	\$3.49	Buttered Mashed Potatoes	110 Cals	\$0.99
Chicken Fried Steak	350 Cals	\$3.49	Steamed Rice	100 Cals	\$0.99
			 Steamed veggies	45 Cals	\$0.99


Tuesday

 Grilled Pork Chop	370 Cals	\$3.49	Creamed Corn	95 Cals	\$0.99
Smothered Chicken	400 Cals	\$3.99	Steamed Rice	100 Cals	\$0.99
			 Steamed Broccoli	45 Cals	\$0.99



Wednesday

Shrimp Creole	425 Cals	\$3.99	 Roasted Asparagus	90 Cals	\$1.50
Chicken Cordon Bleu	450 Cals	\$3.49	Steamed Rice	100 Cals	\$0.99
Broccoli & cheese Soup	400 Cals	\$3.49	 Steamed Veggies	65 Cals	\$0.99

Thursday

Fried Chicken	460 Cals	\$3.99	Cornbread Dressing	250 Cals	\$1.99
Barbecue Hot Links	380 Cals	\$3.49	Yams	180 Cals	\$0.99
Honey Buttered Roll		\$1.99	 Vegetable Medley	65 Cals	\$0.99

Friday

 Fried Fish	390 Cals	\$3.49	Mac N Cheese	250 Cals	\$1.50
 Rotisserie Chicken	300 Cals	\$2.99	Pork Egg Rolls	110 Cals	\$1.99
 Tomato Basil Soup		\$3.49	Steamed Veggies	45 Cals	\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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