





NORTH CAMPUS
 Breakfast 7:00 am-9:00am
 Lunch 11am-1:00pm
 January 23rd - January 27th





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


Monday

Sausage Creole	400 Cals	\$2.99	Green Beans	65 cals	\$0.99
 Baked Lemon Pepper	350 Cals	\$3.49	Baked Sweet Potato	80 Cals	\$1.50
Chicken Drumettes			Steamed Rice	100 Cals	\$0.75


Tuesday

Chicken Stew	380 Cals	\$3.49	 Capri Blend Veggies	45 Cals	\$0.99
 Blackened Fish	300 Cals	\$2.49	Buttered Corn	45 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.75


Wednesday

Orange Chicken	500 Cals	\$2.99	Vegetable LoMein	280 Cals	\$1.99
Beef / Steak Quesadilla	550 Cals	\$3.99	Pork / Vegetable Eggroll	180 Cals	\$1.50
			 Stir Fry Veggies	60 Cals	\$0.99

Thursday

Homemade Chili	550 Cals	\$2.49	 Steamed Broccoli	45 Cals	\$0.99
Chicken & Sausage Jambalaya	600 Cals	\$3.49	Onion Rings	180 Cals	\$1.89
Barbecue Pub Burger		\$3.89			

Friday

Fried Fish	380 Cals	\$2.99	Steamed Rice	100 Cals	\$0.75
White Beans & Ham	400 cals	\$2.49	 California Blend veggies	45 Cals	\$0.99
			Fried Corn Nuggets	90 Cals	\$1.50


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.*



Main Campus
 Breakfast 6:30am-9:30am
 Lunch 11am-2:00pm
 January 23-29

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



Monday

Tortilla Crusted Tilapia	280 Kcal	\$3.49	Au Gratin Potatoes	235 Cals	\$0.99
Grilled Pork Chops	320 Kcal	\$2.99	Steamed Rice	100 Cals	\$0.75
 Rotisserie Chicken	250 Kcal	\$2.49	 Black Eye Peas	100 Cals	\$0.99
Chicken Noodle		\$2.49	 Cali Blend	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00



Tuesday

Pulled Pork Sandwich	253 Cals	\$3.49	Fried Potato Wedges	100 Cals	\$1.50
Chicken & Sausage Jambalaya	500 Kcal	\$2.99	Baked Beans	165 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	 Carrots	45 Cals	\$0.99
 Fresh Baked Dinner Roll	190 Kcal	\$0.75	 Malibu Blend	45 Cals	\$0.99
 Tomato Florentine		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Wednesday

Hamburger Steak w/ onions	455 Kcal	\$3.49	Mashed Potatoes	100 Cals	\$0.99
 Roasted Turkey Roll	250 Kcal	\$2.99	Alfredo Pasta	200 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	 Capri Blend	45 Cals	\$0.99
 Minestrone		\$2.49	 Smothered Green Beans	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

Ribs	430 Kcal	\$4.99	Mac & Cheese	120 Cals	\$1.50
Anniversary Chicken	640 Kcal	\$2.99	Diced Ranch Potatoes	225 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	 Winter Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Kcal	\$0.75	Corn on the cob	90 Cals	\$0.99
White Bean Chicken Chili		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Friday

Fried Fish	420 Kcal	\$2.99	Steamed Rice	165 Cals	\$0.75
Beef Tips w/ Gravy	500 Cals	\$3.49	Navy Beans	210 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	Fried Okra	150 Cals	\$1.50
Fresh Baked Dinner Roll	190 Kcal	\$0.75	 Bermuda Blend	45 Cals	\$0.99
Broccoli & Cheese		\$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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