



Main Campus
Breakfast 6:30am-9:30am
Lunch 11am-2:00pm
Oct. 13 - Oct. 19

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

Monday

 Shrimp & Egg Stew	280 Kcal	\$3.99	Corn Nuggets	235 Cals	\$1.50
Chicken Florentine	320 Kcal	\$3.49	Steamed Rice	100 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	Romanesco Broccoli & Cauliflower	100 Cals	\$1.50
Chicken Tortilla Soup		\$3.49	Seasoned Carrots	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Tuesday

Cabbage Rolls (2)	253 Cals	\$4.99	Roasted Garlic Mashed Potatoes	100 Cals	\$1.50
Smothered Turkey Wings	500 Kcal	\$3.49	Steamed Rice	165 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	 Cali Blend	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	 Smothered Green Beans w/Bacon	45 Cals	\$1.50
Roasted Red Pepper & Gouda		\$3.49	 Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Wednesday

Chicken & Tasso Pasta	455 Kcal	\$3.99	Fried Okra	100 Cals	\$1.50
Meatball Stew	250 Kcal	\$3.49	Steamed Rice	100 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	Sweet Peas	45 Cals	\$0.99
Broccoli & Cheese Soup		\$3.49	 Malibu Blend	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	 Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Thursday

Mississippi Beef Pot Roast	430 Kcal	\$3.99	Steamed Rice	100 Cals	\$0.99
 Baked Chicken	640 Kcal	\$2.49	Seasoned Mashed Potatoes	225 Cals	\$1.50
Fresh Baked Dinner Roll	190 Kcal	\$0.75	 Winter Blend	45 Cals	\$0.99
 Roasted Gouda Soup		\$3.49	 Roasted Brussel Sprouts	45 Cals	\$1.50
Dinner Roll	190 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Friday

Fried Fish	420 Kcal	\$3.49	Mac & Cheese	165 Cals	\$1.50
Jack Miller Sausage Creole	500 Cals	\$3.99	Fresh Navy Beans	210 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	Smothered Okra w/ Shrimp	150 Cals	\$1.50
Fresh Baked Dinner Roll	190 Kcal	\$0.75	 Bermuda Blend	45 Cals	\$0.99
Shrimp & Corn Bisque		\$4.29	Sweet or Idaho Potatoes	100-150 Cal	\$1.50
			Steamed Rice	100 Cals	\$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

October 13 - October 17



All



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

Monday

Chicken Stew	390 Cals	\$3.49	Steamed Rice	100 Cals	\$0.99
chili	450 Cals	\$3.99	California Blend Vegetable	45 Cals	\$0.99
cornbread		\$1.50	Corn	100 Cals	\$0.99

Tuesday

shrimp Fettuccine	500 Cals	\$3.99	Seasoned fries	80 Cals	\$1.50
Chicken drumettes	450 Cals	\$3.99	Steamed Broccoli	45 Cals	\$0.99
Garlic Bread		\$0.99	Roasted Mixed Vegetable	100 Cals	\$0.99

Wednesday

Hamburger Steak	350 Cals	\$3.49	Mashed Potato	45 Cals	\$0.99
Grilled Chicken Breast	550 Cals	\$2.99	Grilled Asparagus	180 Cals	\$1.50
Honey Buttery Rolls		\$0.99	Bermuda Blend Vegetable	85 Cals	\$0.99

Thursday

Beef Vegetable Soup	500 Cals	\$3.99	Sweet Potato Fries	80 Cals	\$1.50
Spicy Fried Chicken Sandwiches	350 Cals	\$3.99	Fried Okra	100 Cals	\$1.50
			Seasoned Vegetables	80 Cals	\$0.99

Friday

Fried Fish	450 Cals	\$3.49	Steamed Rice	150 Cals	\$1.50
Sausage Creole	400 Cals	\$3.49	Sauteed Green Beans	45 Cals	\$1.50
			Mixed Vegetable	200 Cals	\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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