



Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm

May 5 - May 11

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	 Baked Beans	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
Loaded Potato Soup		\$3.49	 Sauteed Green Beans	90 Cals	\$0.99
Garlic Toast	150 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Wednesday

Meatball Stew	360 Kcal	\$3.49	Corn Nuggets	250 Cals	\$1.50
Chopped Pork Sandwich	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	\$3.49	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/ Sausage	150 Cals	\$1.50
Queso		\$0.75	 Malibu Blend	45 Cals	\$0.99
Chicken & Sausage Gumbo	190 Kcal	\$3.99	Sweet or Idaho Potatoes	100-150 Cal	\$1.50
Dinner Roll	130 Kcal	\$0.75	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

May 5th - May 9th



All



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

Monday

Chicken Alfredo Pasta	550 Cals	\$3.49	Mashed Potatoes	100 Cals	\$0.99
Country Fried steak	380 Cals	\$2.99	Buttered Carrots	80 Cals	\$0.99
Garlic Bread		\$0.99	Sweet Peas	65 Cals	\$0.99

Tuesday

Chicken Stew	490 Cals	\$3.49	Sweet Potato Crunch	200 Cals	\$1.50
Fried Pork Chop	380 Cals	\$3.49	Green Beans	85 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.99

Wednesday

Grilled Chicken Breast	360 Cals	\$2.99	Roasted Potatoes & Peppers	95 Cals	\$1.50
Meatloaf	400 Cals	\$3.49	Prince Edward Veg. Blend	65 Cals	\$0.99
Dinner Roll		\$0.99	Corn Nuggets	90 Cals	\$1.50

Thursday

Orange Chicken	470 Cals	\$3.99	Pork Egg Rolls	150 Cals	\$1.50
Shrimp Fried Rice	500 Cals	\$3.49	Bermuda Blend Veggies	45 Cals	\$0.99
			Fried Okra	80 Cals	\$1.50

Friday

Fried Fish	370 Cals	\$3.49	Steamed Broccoli	45 Cals	\$0.99
Red Beans & Sausage	500 Cals	\$2.99	Steamed Rice	100 Cals	\$0.99
			Mac N Cheese	220 Cals	\$1.50

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)



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