



# HOCKING COLLEGE DINING SERVICES

## Menu Cycle 1

## Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

### Regular Breakfast Menu

Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cereal	Cereal	Cereal	Cereal	Cereal	Cereal	Cereal
Bagel	Bagel	Bagel	Bagel	Bagel	Bagel	Bagel
Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt	Yogurt	Yogurt
Pastries	Pastries	Pastries	Pastries	Parfait	Parfait	Parfait
Bacon	Bacon	Bacon	Bacon	Pastries	Pastries	Pastries
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Bacon		
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Turkey Sausage		
Hash Browns	Hash Browns	Hash Browns	Hash Browns	Scrambled Eggs		
Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage	Eggs		
				Hash Browns		
				Vegetarian Sausage		

### Breakfast Specials

Sausage Gravy Biscuits	Pancakes	Breakfast Pizza	French Toast	Breakfast Casserole
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### Wellness Bar

Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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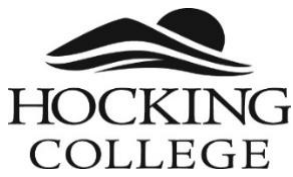
### Grab & Go

Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches
Egg Salad Sandwiches	Tuna Salad Sandwiches	Chicken Salad Sandwiches	Egg Salad Sandwiches	Tuna Salad Sandwiches	Chicken Salad Sandwiches	Egg Salad Sandwiches
Turkey Pretzel Bun Sandwiches	Ham Pretzel Bun Sandwiches	Roast Beef Pretzel Bun Sandwiches	Turkey Pretzel Bun Sandwiches	Ham Pretzel Bun Sandwiches	Roast Beef Pretzel Bun Sandwiches	Turkey Pretzel Bun Sandwiches
Chips	Chips	Chips	Chips	Chips	Chips	Chips
PB&J	PB&J	PB&J	PB&J	PB&J	PB&J	PB&J

### Soup of the day

Chili	Chicken Noodle	Chicken Kale Quinoa	Chicken & Dumpling	Baja Chicken Enchilada
Broccoli Cheese	Spinach Artichoke	Garden Vegetable	Tomato Herb Bisque	Minestrone





# HOCKING COLLEGE DINING SERVICES

## Menu Cycle 1 Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

**Down Home Lunch**

Sloppy Joe  
Sandwich  
Hot Dog  
Tater tots  
Brussels  
Sprouts

Cheese  
Tortellini  
Green Beans  
Garlic Bread

includes 22oz Fountain Drink, Bread, & Dessert

Chicken Wings  
Asst. Mac &  
Cheese  
Broccoli  
Garlic  
Cheddar  
Biscuits

Lasagna Roll  
Ups  
California  
Blend Veggies  
Bread Stick

Fajita  
Spanish rice  
Beans  
Queso

Cook's  
Choice

Cook's  
Choice

**Down Home Dinner**

BBQ Chicken  
Wild Rice  
Broccoli  
Roll

Fried Chicken  
Mashed  
Potatoes  
Gravy  
Corn  
Roll

includes 22oz Fountain Drink, Bread, & Dessert

Chicken Wings  
ASST. Mac &  
Cheese  
Broccoli  
Garlic  
Cheddar  
Biscuits

Meat Loaf  
Mashed  
Potatoes  
Green Beans  
Biscuit

Beef  
Stroganoff  
Buttered  
Noodles  
Peas  
Roll

**Italian Brick Oven**

Pizza

Italian Specialties

Hot Subs

**Chef's Table**

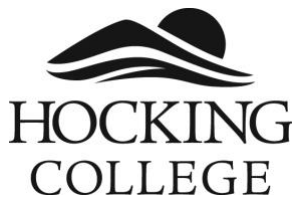
Featured Menu includes 22oz Fountain Drink, Bread, & Dessert

T.B.A.

New and Exciting things are happening. Stop in the dining hall and check it out!!!

Menus Subject to Change!

Special Diet? Let us know what we can do to accommodate!



# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 2

### Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

#### Regular Breakfast Menu

Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cereal	Cereal	Cereal	Cereal	Cereal	Cereal	Cereal
Bagel	Bagel	Bagel	Bagel	Bagel	Bagel	Bagel
Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
Pastries	Pastries	Pastries	Pastries	Pastries	Pastries	Pastries
Bacon	Bacon	Bacon	Bacon	Bacon		
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage		
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs		
Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns		
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage		
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian		
Sausage	Sausage	Sausage	Sausage	Sausage		

#### Breakfast Specials

Sausage Gravy Biscuits	Pancakes	Breakfast Pizza	French Toast	Breakfast Casserole		
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#### Wellness Bar

Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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#### Grab-n-Go

Pizza	Italian	Pizza	Italian	Pizza	Italian	Pizza
Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
Turkey Pretzel Bun Sandwich	Ham Pretzel Bun Sandwich	Roast Beef Pretzel Bun Sandwich	Turkey Pretzel Bun Sandwich	Ham Pretzel Bun Sandwich	Roast Beef Pretzel Bun Sandwich	Turkey Pretzel Bun Sandwich
Chicken Salad Sandwiches	Egg Salad Sandwiches	Tuna Salad Sandwiches	Chicken Salad Sandwiches	Egg Salad Sandwiches	Tuna Salad Sandwiches	Chicken Salad Sandwiches
Chips	Chips	Chips	Chips	Chips	Chips	Chips
PB&J	PB&J	PB&J	PB&J	PB&J	PB&J	PB&J

#### Soup of the day

Chili	Chicken Noodle	Chicken Kale Quinoa	Chicken & Dumpling	Baja Chicken Enchilada		
Broccoli Cheese	Spinach Artichoke	Garden Vegetable	Tomato Herb Bisque	Minestrone		





# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 2 Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

<b>Down Home Lunch</b>							<b>includes 22oz fountain drink, Bread, &amp; Dessert</b>								
Roasted Turkey	Walking Taco	Chicken Wing	Pulled Pork	Fish	Cook's Choice	Cook's Choice	Mashed	Roasted Corn	Mac & Cheese	Cheesy	Baked Potato				
Potatoes	Rice	Broccoli	Potatoes	Broccoli			Gravy	Beans	Garlic Cheddar	Rice Pilaf					
Peas & Carrots		Biscuit	Glazed Carrots				Rolls								

<b>Down Home Dinner</b>							<b>includes 22oz fountain drink, Bread, &amp; Dessert</b>								
Chicken	General TSO	Chicken Wing	Chicken Cordon	Pizza	Cook's Choice	Cook's Choice	Alfredo	Chicken	Mac & Cheese	Bleu	Casserole				
Broccoli	Rice	Broccoli	Rice	Rice	Garlic Bread		Garlic Bread	Egg Roll	Garlic Cheddar	California	Asparagus				
	Veggies	Biscuit	Blend Veggies												

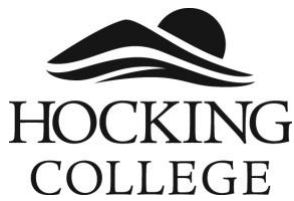
<b>Italian Brick Oven</b>						
Pizza	Pizza	Pizza	Pizza	Pizza	Pizza	Pizza
Italian Specialties	Italian Specialties	Italian Specialties	Italian Specialties	Italian Specialties	Italian Specialties	Italian Specialties

**Feature Menu T.B.A.**

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Special diet?? Let us know what we can do to accommodate!!!



# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 3

### Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

#### Regular Breakfast Menu

Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cereal	Cereal	Cereal	Cereal	Cereal	Cereal	Cereal
Bagels	Bagels	Bagels	Bagels	Bagels	Bagels	Bagels
Pastries	Pastries	Pastries	Pastries	Pastries	Pastries	Pastries
Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Sausage	Sausage	Sausage	Sausage	Sausage	Sausage	Sausage

#### Breakfast Specials

Sausage Gravy	Pancakes	Breakfast	French Toast	Breakfast
Biscuits		Pizza		Casserole

#### Wellness Bar

Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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#### Grab-n-Go Lunch Specials

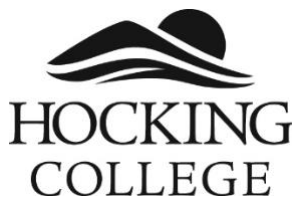
Pizza Sub	Italian Sub	Pizza Sub	Italian Sub	Pizza Sub	Italian Sub	Pizza Sub
Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Turkey	Ham	Roast Beef	Turkey	Ham	Roast Beef	Turkey
Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun
Sandwich	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
Chicken Salad	Tuna Salad	Egg Salad	Chicken Salad	Tuna Salad	Egg Salad	Chicken Salad
sandwiches	sandwiches	sandwiches	sandwiches	sandwiches	sandwiches	sandwiches
Chips	Chips	Chips	Chips	Chips	Chips	Chips
PB&J	PB&J	PB&J	PB&J	PB&J	PB&J	PB&J

#### Soup of the Day

Chili	Chicken	Chicken Kale	Chicken &	Baja Chicken
	Noodle	Quinoa	Dumpling	Enchilada
Broccoli	Spinach	Garden	Tomato Herb	Minestrone
Cheese	Artichoke	Vegetable	Bisque	







# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 3

Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

<b>Down Home Lunch</b>		includes 22oz Fountain Drink, Bread, & Dessert				
Ravioli	Grilled	Chicken Wings	Green Chili	Chicken	Cook's Choice	Cook's Choice
Bread Sticks	Salmon	Mac & Cheese	chicken	Nuggets		
Green Beans	Roasted	Peas	Casserole	Corn Dog		
	Potatoes	Brown rice	Spanish Rice	Nuggets		
	California	Garlic		Fair Food		
	Blend Veggies	Biscuits				

<b>Down Home Dinner</b>		includes 22oz Fountain Drink, Bread, & Dessert		
Pot Roast	Pork Loin	Chicken Wings	Parmesan	Shrimp Scampi
Mashed	Wild rice	Mac & Cheese	Chicken	Pasta
Potatoes	Roasted Root	Peas	Breast	Asparagus
Gravy	Veggies	Brown rice	Rice Pilaf	Bread Sticks
Carrots	Roll		Green Beans	
Roll			Roll	

### Italian Brick Oven

Pizza

Italian Specialties

### Chef's Table

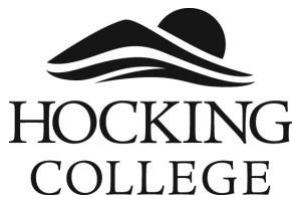
Feature Menu

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# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 4

### Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

#### Regular Breakfast Menu

Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cereal	Cereal	Cereal	Cereal	Cereal	Cereal	Cereal
Bagels	Bagels	Bagels	Bagels	Bagels	Bagels	Bagels
Pastries	Pastries	Pastries	Pastries	Pastries	Pastries	Pasties
Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	
Sausage	Sausage	Sausage	Sausage	Sausage	Sausage	

#### Breakfast Specials

Sausage Gravy	Pancakes	Breakfast	French Toast	Breakfast
Biscuits		Pizza		Casserole

#### Wellness Bar

Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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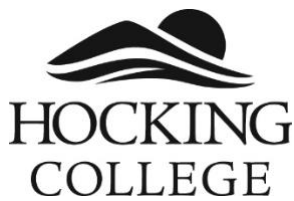
#### Grab-n-Go Lunch Specials

Pizza Sub	Italian Sub	Pizza Sub	Italian Sub	Pizza Sub	Italian Sub	Pizza Sub
Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Turkey	Ham	Roast Beef	Turkey	Ham	Roast Beef	Turkey
Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun	Pretzel Bun
Sandwich	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
Chicken Salad	Tuna Salad	Egg Salad	Chicken Salad	Tuna Salad	Egg Salad	Chicken Salad
sandwiches	sandwiches	sandwiches	sandwiches	sandwiches	sandwiches	sandwiches
Chips	Chips	Chips	Chips	Chips	Chips	Chips
PB&J	PB&J	PB&J	PB&J	PB&J	PB&J	PB&J

#### Soup of the Day

Chili	Chicken	Chicken Kale	Chicken &	Baja Chicken
	Noodle	Quinoa	Dumpling	Enchilada
Broccoli	Spinach	Garden	Tomato Herb	Minestrone
Cheese	Artichoke	Vegetable	Bisque	





# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 4 Autumn 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

**Down Home Lunch** includes 22oz Fountain Drink, Bread, & Dessert

Stuffed Shells	Tilapia	Chicken Wings	Spaghetti	Beef & Noodles	Cook's Choice	Cook's Choice
Grilled Veggies	Wild Rice	Mac & Cheese	Meatball	Mashed Potatoes		
Bread Sticks	Peas & Carrots Roll	Peas	Garlic Bread	Peas Roll		
		Brown rice	Mixed Veggies			
		Garlic Biscuits				

**Down Home Dinner** includes 22oz Fountain Drink, Bread, & Dessert

Salisbury Steak	Cabbage Roll	Chicken Wings	Pork Chops	Chicken Broccoli Casserole
Mashed Potatoes	Mashed Potatoes Roll	Mac & Cheese	Scalloped Potatoes	Carrots
Gravy		Peas	Brussels Sprouts	Biscuit
Green Beans		Brown rice	Roll	

### Italian Brick Oven

Pizza

Italian Specialties

### Chef's Table

Feature Menu

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