



# HOCKING COLLEGE DINING SERVICES

## Menu Cycle 1

### Autumn 2017

**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
Muffins	Muffins	Muffins	Muffins	Muffins	Muffins	Muffins
Bagel	Bagel	Bagel	Bagel	Bagel	Bagel	Bagel
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll
Donut	Donut	Donut	Donut	Donut	Donut	Donut
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Sausage	Sausage	Sausage	Sausage	Sausage	Sausage	Sausage

#### Breakfast Specials

Sausage Gravy Biscuits	Pancakes	Sausage Gravy Biscuits	French Toast	Breakfast Burrito
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#### Wellness Bar

<b>Salad Bar</b>	<b>Salad Bar</b>	<b>Salad Bar</b>	<b>Salad Bar</b>	<b>Salad Bar</b>	<b>Salad Bar</b>	<b>Salad Bar</b>
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#### Grab & Go

Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches
Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches
Pretzel Bun Sandwiches	Pretzel Bun Sandwiches	Pretzel Bun Sandwiches	Pretzel Bun Sandwiches	Pretzel Bun Sandwiches	Pretzel Bun Sandwiches	Pretzel Bun Sandwiches
Chips	Chips	Chips	Chips	Chips	Chips	Chips

#### Soup of the day

Chili	Chicken Noodle	Chicken, Kale & Quinoa	Chicken & Wild Rice	Baja Chicken Enchilada
Broccoli Cheese	Spinach Feta	Garden Vegetable	Tomato Herb Bisque	Minestrone





# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 1 Autumn 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Down Home Lunch</b> includes 22oz Fountain Drink, Bread, & Dessert						
Taco Bar	Meat Loaf	General TSO	Cod	Roasted Pork	Cook's	Cook's
Roasted Corn	Mashed	Chicken	Shrimp	Mac & Cheese	Choice	Choice
Spanish Rice	Potatoes	Sweet & Sour	Roasted	California		
Queso	Gravy	Shrimp	Potatoes	Blend		
	Pea & Carrots	Rice	Corn On Cob	Vegetables		
		Egg Roll	Hush Puppies	Brown Rice		
		Stir Fried	Red Beans &			
		Vegetables	Rice			
<b>Down Home Dinner</b> includes 22oz Fountain Drink, Bread, & Dessert						
Action	Country Fried	Chicken Wings	Roasted	Pork Loin		
Station Pasta	Steak	Asst. Sauce	Chicken	Baked Potato		
Red Sauce	Mashed	Onion Rings	Breast	Broccoli		
White Sauce	Potatoes	Mac & Cheese	Green Beans	Chili		
Pasta	Gravy	Broccoli	Roasted Root	Broccoli		
Meat Balls	Green Beans	Rice Pilaf	Vegetables	Cheese		
Chicken	Carrots			Bacon		
Broccoli				Sour Cream		
				Chives		

### Italian Brick Oven

Pizza  
Italian Specialties

Chef's Table includes 22oz Fountain Drink, Bread, & Dessert  
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 accomadate!



# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 2

### Autumn 2017

**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
Muffins	Muffins	Muffins	Muffins	Muffins	Muffins	Muffins
Bagel	Bagel	Bagel	Bagel	Bagel	Bagel	Bagel
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll
Donut	Donut	Donut	Donut	Donut	Donut	Donut
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns
Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage	Turkey Sausage
Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage

#### Breakfast Specials

Sausage Gravy Biscuits	Pancakes	Sausage Gravy Biscuits	French Toast	Breakfast Burrito
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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

Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich
Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches	Salad Sandwiches
Chips	Chips	Chips	Chips	Chips	Chips	Chips

#### Soup of the day

Chili	Chicken Noodle	Chicken, Kale & Quinoa	Chicken & Wild Rice	Baja Chicken Enchilada
Broccoli Cheese	Spinach Feta	Garden Vegetable	Tomato Herb Bisque	Minestrone





# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 2 Autumn 2017

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

<b>Down Home Lunch</b>							<b>includes 22oz fountain drink, Bread, &amp; Dessert</b>						
Red Sauce	Teriyaki	General TSO	BBQ Pork	Fried Chicken	Cook's Choice	Cook's Choice							
White Sauce	Chicken	Chicken	Scalloped	Mashed									
Pasta	Cheesy	Sweet & Sour	Potatoes	Potatoes									
Meat Balls	Potatoes	Shrimp	Brown Rice	Gravy									
Chicken	Green Beans	Rice	Asparagus	Peas & Carrots									
Broccoli	Brown Rice	Egg Roll		Read Beans &									
		Stir Fried		Rice									
		Vegetables											

<b>Down Home Dinner</b>							<b>includes 22oz fountain drink, Bread, &amp; Dessert</b>						
Taco Bar	Cheese Stuffed	Chicken Wings	Meat Loaf	Chili Mac	Cook's Choice	Cook's Choice							
Roasted Corn	Shells	Max & Cheese	Mashed	Roasted Corn									
Spanish Rice	Brussels	Onion Rings	Potatoes	Brown Rice									
Queso	Sprouts	Peas & Onions	Gravy										
	Rice Pilaf	Roasted Root	Corn on The										
		Vegetables	Cob										

### Italian Brick Oven

Pizza  
  
Italian Specialties

### Feature Menu

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 3

### Autumn 2017

**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
Muffins	Muffins	Muffins	Muffins	Muffins	Muffins	Muffins
Bagels	Bagels	Bagels	Bagels	Bagels	Bagels	Bagels
Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll	Cinnamon Roll
Donut	Donut	Donut	Donut	Donut	Donut	Donut
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
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 Biscuits	Pancakes	Sausage Gravy Biscuits	French Toast	Breakfast Burrito
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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 Lunch Specials

Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches	Sub Sandwiches
Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich	Pretzel Bun Sandwich
Salad sandwiches	Salad sandwiches	Salad sandwiches	Salad sandwiches	Salad sandwiches	Salad sandwiches	Salad sandwiches
Chips	Chips	Chips	Chips	Chips	Chips	Chips

#### Soup of the Day

Chili	Chicken Noodle	Chicken, Kale & Quinoa	Chicken & Wild Rice	Baja Chicken Enchilada
Broccoli Cheese	Spinach Feta	Garden Vegetable	Tomato Herb Bisque	Minestrone

# HOCKING COLLEGE DINING SERVICES

## MENU CYCLE 3



HOCKING  
COLLEGE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

### Autumn 2017

**Hawks Nest Grill**

Entrees



Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamb
Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Chee
Fish Tail Sandwich	Fish Tail Sandwich	Fish Tail Sandwich	Fish Tail Sandwich	Fish Tail Sandwich	Fish Tail Sandwich	Fish Tail Sandwich	Fish Sand
Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Sand
Grilled Chicken Sandwich	Grilled Chicken Sandwich	Grilled Chicken Sandwich	Grilled Chicken Sandwich	Grilled Chicken Sandwich	Grilled Chicken Sandwich	Grilled Chicken Sandwich	Grill. Chickl Sand
Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie
Vegan Burger	Vegan Burger	Vegan Burger	Vegan Burger	Vegan Burger	Vegan Burger	Vegan Burger	Vegan
Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grill. Chee
Chicken Tenders	Chicken Tenders	Chicken Tenders	Chicken Tenders	Chicken Tenders	Chicken Tenders	Chicken Tenders	Chick Tende
Double Cheese Burger	Double Cheese Burger	Double Cheese Burger	Double Cheese Burger	Double Cheese Burger	Double Cheese Burger	Double Cheese Burger	Double Burge
Pizza Burger	Pizza Burger	Pizza Burger	Pizza Burger	Pizza Burger	Pizza Burger	Pizza Burger	Pizza
Mushroom Swiss Burger	Mushroom Swiss Burger	Mushroom Swiss Burger	Mushroom Swiss Burger	Mushroom Swiss Burger	Mushroom Swiss Burger	Mushroom Swiss Burger	Mushroom Swis
Grilled Ham & Cheese	Grilled Ham & Cheese	Grilled Ham & Cheese	Grilled Ham & Cheese	Grilled Ham & Cheese	Grilled Ham & Cheese	Grilled Ham & Cheese	Grill. Chee
Sides	Sides	Sides	Sides	Sides	Sides	Sides	Sides
Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Frie
French Fries	French Fries	French Fries	French Fries	French Fries	French Fries	French Fries	French
French Fries	French Fries	French Fries	French Fries	French Fries	French Fries	French Fries	French
Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese
Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese Curds	Cheese
Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waff
Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waffle Fries	Seasoned Waff
Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Caulif
Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Fried Cauliflower	Deep Caulif

## MENU CYCLE 3



**HOCKING COLLEGE DINING SERVICES**

# Autump 2017

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

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

Ribs	Taco Bar	Meatloaf	Ravioli	Roasted	Cook's Choice	Cook's Choice
Scalloped	Spanish Rice	Mashed	Peas & Onions	Chicken		
Potatoes	Roasted Corn	Potatoes		Breast		
Asparagus	Queso	Gravy		Red Potatoes		
Red Beans &		Broccoli		Green Beans		
Rice		Brown rice		Rice Pilaf		

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

Popcorn	Italian	Chicken Wings	BBQ Pork	General TSO
Shrimp &	Sausage	Onion Rings	Cheesy	Chicken
Chicken	Peppers &	Mac & Cheese	Potatoes	Sweet & Sour
JoJo Potatoes	Onions	Broccoli	Roasted Corn	Shrimp
Corn on the	Mac & Cheese	Rice Pilaf		Rice
Cob	Beans			Egg Rolls
Brown rice				Stir Fried
Hush Puppies				Veggies

## Italian Brick Oven

Pizza

Italian Specialties

## Feature Menu

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.**