

Menu Cycle 1

Autumn 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|----------------|----------------|----------------|----------------|---------------|---------------|
| Regular Bı | reakfast M | enu | | | | |
| 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 |
| Donut | Donut | Donut | Donut | Donut | Donut | Donut |
| Bacon | Bacon | Bacon | Bacon | Bacon | | |
| Turkey Sausage | | |
| Scrambled Eggs | | |
| Hash Browns | | |
| Vegetarian | Vegetarian | Vegetarian | Vegetarian | Vegetarian | | |
| Sausage | Sausage | Sausage | Sausage | Sausage | | |
| | | | | | | |
| Breakfast | Specials | | | | | |
| Sausage Gravy | Pancakes | Sausage Gravy | French Toast | Breakfast | | |
| Biscuits | | Biscuits | | Burrito | | |

Wellness Bar

Salad Bar Salad Bar Salad Bar Salad Bar Salad Bar Salad Bar

| Grab & Go Sub Sandwiches | Sub | Sub | Sub | Sub | Sub | Sub |
|---------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Dab banawienes | Sandwiches | Sandwiches | Sandwiches | Sandwiches | Sandwiches | Sandwiches |
| Salad Sandwiches | | | | | | |
| | Salad | Salad | Salad | Salad | Salad | Salad |
| Pretzel Bun Sandwiches | Sandwiches | Sandwiches | Sandwiches | Sandwiches | Sandwiches | Sandwiches |
| | Pretzel Bun |
| Chips | Sandwiches | Sandwiches | Sandwiches | Sandwiches | Sandwiches | Sandwiches |
| | Chips | Chips | Chips | Chips | Chips | Chips |
| | | | | | | |

Soup of the day

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



Autumn 2017

Menu Cycle 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Hawks Ne | st Grill | | | | | |
| Entrees | | | | | | |
| Hamburgers | Hamburgers | Hamburgers | Hamburgers | Hamburgers | Hamburgers | Hamburgers |
| Cheeseburgers | Cheeseburgers | Cheeseburgers | Cheeseburgers | Cheeseburgers | Cheeseburgers | Cheeseburgers |
| Fish Tail | Fish Tail | Fish Tail | Fish Tail | Fish Tail | Fish Tail | Fish Tail |
| Sandwich | Sandwich | Sandwich | Sandwich | Sandwich | Sandwich | Sandwich |
| Spicy Chicken | Spicy Chicken | Spicy Chicken | Spicy Chicken | Spicy Chicken | Spicy Chicken | Spicy Chicken |
| Sandwich | Sandwich | Sandwich | Sandwich | Sandwich | Sandwich | Sandwich |
| Grilled | Grilled | Grilled | Grilled | Grilled | Grilled | Grilled |
| Chicken | Chicken | Chicken | Chicken | Chicken | Chicken | Chicken |
| Sandwich | Sandwich | Sandwich | Sandwich | Sandwich | Sandwich | Sandwich |
| Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger |
| Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger |
| Grilled | Grilled | Grilled | Grilled | Grilled | Grilled | Grilled |
| Cheese | Cheese | Cheese | Cheese | Cheese | Cheese | Cheese |
| Chicken | Chicken | Chicken | Chicken | Chicken | Chicken | Chicken |
| Tenders | Tenders | Tenders | Tenders | Tenders | Tenders | Tenders |
| Double Cheese | Double Cheese | Double Cheese | Double Cheese | Double Cheese | Double Cheese | Double Cheese |
| Burger | Burger | Burger | Burger | Burger | Burger | Burger |
| Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger |
| Mushroom | Mushroom | Mushroom | Mushroom | Mushroom | Mushroom | Mushroom |
| Swiss Burger | Swiss Burger | Swiss Burger | Swiss Burger | Swiss Burger | Swiss Burger | Swiss Burger |
| Grilled Ham & Cheese | Grilled Ham & |
| | Cheese | Cheese | Cheese | Cheese | Cheese | Cheese |
| Sides | | | | | | |
| Seasoned | Seasoned | Seasoned | Seasoned | Seasoned | Seasoned | Seasoned |
| Fries | Fries | Fries | Fries | Fries | Fries | Fries |
| French Fries | French Fries | French Fries | French Fries | French Fries | French Fries | French Fries |
| Cheese Curds | Cheese Curds | Cheese Curds | Cheese Curds | Cheese Curds | Cheese Curds | Cheese Curds |
| Seasoned | Seasoned | Seasoned | Seasoned | Seasoned | Seasoned | Seasoned |
| Waffle Fries | Waffle Fries | Waffle Fries | Waffle Fries | Waffle Fries | Waffle Fries | Waffle Fries |
| Deep Fried | Deep Fried | Deep Fried | Deep Fried | Deep Fried | Deep Fried | Deep Fried |
| Cauliflower | Cauliflower | Cauliflower | Cauliflower | Cauliflower | Cauliflower | Cauliflower |



MENU CYCLE 1

Autumn 2017

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

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 E | Breakfast | Menu | | | | |
| Fresh Fruit Cereal Muffins Bagel Yogurt Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagel Yogurt Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagel Yogurt Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagel Yogurt Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagel Yogurt Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagel Yogurt Cinnamon Roll Donut | Fresh Fruit Cereal Muffins Bagel Yogurt Cinnamon Roll Donut |
| | Specials | | | 7 16 . | | |
| Sausage Gravy Biscuits | Pancakes | Sausage Gravy Biscuits | French Toast | Breakfast Burrito | | |
| Wellness | Bar | | | | | |
| Salad Bar | Salad Bar | Salad Bar |
| Grab-n-G | 6 0 | | | | | |
| Sub Sandwich | Sub Sandwich | Sub 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 Chili Broccoli Cheese | the day Chicken Noodle Spinach Feta | Chicken, Kale & Quinoa Garden Vegetable | Chicken & Wild Rice Tomato Herb Bisque | Baja Chicken Enchilada Minestrone | | |



Monday

Tuesday

HOCKING COLLEGE DINING SERVICES

MENU CYCLE 2

Wednesday

Autumn 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| Hawks Nes | st Grill | | | | | |
| Entrees | | | | | | |
| Hamburgers |
| Cheeseburgers |
| Fish Tail Sandwich |
| Spicy Chicken Sandwich |
| Grilled Chicken Sandwich |
| Veggie Burger |
| Vegan Burger |
| Grilled Cheese |
| Chicken Tenders |
| Double Cheese Burger |
| Pizza Burger |
| Mushroom Swiss Burger | Mushroom Swiss Burger | Mushroom Swiss Burger |
| Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese |
| Sides Seasoned Fries | Seasoned Fries | Seasoned Fries | Seasoned Fries | Seasoned Fries | Seasoned Fries | Seasoned Fries |
| French Fries |
| Cheese Curds |
| Seasoned Waffle Fries |
| Deep Fried Cauliflower |



MENU CYCLE 2 Autumn 2017

| Monday | Tuesdav | Wednesdav | Thursday | Fridav | Saturdav | Sunday |
|--------|---------|------------|-----------|--------|----------|--------|
| Monday | Iuesuay | Meditesday | IIIuISuay | rrruay | Daturuay | Sunday |

Down Home Lunch includes 22oz fountain drink, Bread, & Dessert

Red Sauce White Sauce Pasta Meat Balls Chicken

Broccoli

Terivaki Chicken Cheesv Potatoes Green Beans Brown Rice

General TSO Chicken Sweet & Sour Shrimp Rice Egg Roll

Stir Fried Vegetables

BBO Pork Scalloped Potatoes Brown Rice

Asparagus

Fried Chicken Cook's Choice Cook's Choice Mashed Potatoes Gravy

Peas & Carrots Read Beans &

Rice

Down Home Dinner includes 22oz fountain drink, Bread, & Dessert

Taco Bar Roasted Corn Spanish Rice Queso

Shells Brussels Sprouts Rice Pilaf

Cheese Stuffed Chicken Wings Meat Loaf Max & Cheese Onion Rings Peas & Onions Roasted Root Vegetables

Mashed Potatoes Gravy Corn on The Cob

Chili Mac Roasted Corn Brown Rice

Cook's Choice Cook's Choice

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 Cereal Muffins Bagels Cinnamon Roll Donut Yogurt Hash Browns Bacon Scrambled Eggs Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagels Cinnamon Roll Donut Yogurt Hash Browns Bacon S Scrambled Eggs | Fresh Fruit Cereal Muffins Bagels Cinnamon Roll Donut Yogurt Hash Browns Bacon Scrambled Eggs | Fresh Fruit Cereal Muffins Bagels Cinnamon Roll Donut Yogurt Hash Browns Bacon Scrambled Eggs Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagels Cinnamon Roll Donut Yogurt Hash Browns Bacon Scrambled Eggs Turkey Sausage Vegetarian Sausage | Fresh Fruit Cereal Muffins Bagels Cinnamon Roll Donut Yogurt | Fresh Fruit Cereal Muffins Bagels Cinnamon Roll Donut Yogurt |
| Breakfas Sausage Gravy Biscuits | st Specials Pancakes | Sausage Gravy Biscuits | French Toast | Breakfast Burrito | | |
| Wellness Salad Bar | Bar Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |

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

Soup of the Day

| Chili | Noodle | & Quinoa | Wild Rice | Enchilada |
|--------------------|--------------|---------------------|-----------------------|------------|
| Broccoli Cheese | Spinach Feta | Garden Vegetable | Tomato Herb Bisque | Minestrone |

HOCKING COLLEGE DINING SERVICES MENU CYCLE 3



Autumn 2017

Monday T

Tuesday

Wednesday Thursday

Friday Saturday

ay Sunday

Hawks Nest Grill

Entrees

| Hamburgers | Hamburgers | Hamburgers | Hamburgers | Hamburgers | Hamburgers | Hamburgers | Hambı |
|------------------------------------|--|--|---|---|--|---|------------------------|
| 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 | Gril: Chick Sand |
| Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger | Veggie Burger | Vegg: |
| Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger | Vegan Burger | Vegaı |
| Grilled Cheese | Grilled Cheese | Grilled Cheese | Grilled Cheese | Grilled Cheese | Grilled Cheese | Grilled Cheese | Gril: Chee: |
| Chicken Tenders | Chicken Tenders | Chicken Tenders | Chicken Tenders | Chicken Tenders | Chicken Tenders | Chicken Tenders | Chicl Tende |
| Double Cheese Burger | Double Cheese Burger | Double Cheese Burger | Double Cheese Burger | Double Cheese Burger | Double Cheese Burger | Double Cheese Burger | Doub: Burgı |
| Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger | Pizza Burger | Pizz |
| Mushroom Swiss Burger | Mushroom Swiss Burger | Mushroom Swiss Burger | Mushroom Swiss Burger | Mushroom Swiss Burger | Mushroom Swiss Burger | Mushroom Swiss Burger | Mush: Swis: |
| Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Grilled Ham & Cheese | Gril: Chee: |
| Sides Seasoned Fries | Seasoned Fries Seasoned French Fries | Seasoned Fries Seasoned French Fries | Seasoned Fries Seasoned French Fries | Seasoned Fries Seasoned French Fries | Seasoned Fries Seasoned French Fries | Seasoned Fries Seasoned French Fries | Seas Frie: Frenc |
| French Fries | Eneese Enias | Eneese Eulas | Eneese Eulas | Eneese Enias | Engese Eulas | čneese čuias | Chee |
| Cheese Curds Seasoned Waffle Fries | Seasonedurds Waffle Fries Seasoned Waffle Fries | Seasonedurds Waffle Fries Seasoned Waffle Fries | Seasonedurds Waffle Fries Seasoned Waepleriedes | Seasonedurds Waffle Fries Seasoned Waepleriedes | Seasonedurds Waffle Fries Seasoned Waffl Friedes | Seasonedurds Waffle Fries Seasoned Waffle Fries | Seas: Waff: |
| Deep Fried Cauliflower | Deeplaried Cauliflower Deep Fried Cauliflower | Deep l Fried es Cauliflower Deep Fried Cauliflower | Cauliflower Deep Fried Cauliflower | Cauliflower Deep Fried Cauliflower | Cauliflower Deep Fried Cauliflower | Daeplariedes Cauliflower Deep Fried Cauliflower | Deep Caul: |

MENU CYCLE 3



Friday Utumn 2017 Tuesday Wednesday Thursday Monday

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

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

Down Home Dinner includes 22oz Fountain Drink, Bread, & Dessert Italian Chicken Wings BBQ Pork General TSO
Sausage Onion Rings Cheesy Chicken
Peppers & Mac & Cheese Potatoes Sweet & Sour
sources Onions Broccoli Roasted Corn Shrimp Popcorn Shrimp & Sweet & Sour Chicken JoJo Potatoes Onions Corn on the Mac & Cheese Rice Pilaf Rice Cob Beans Egg Rolls Brown rice Stir Fried Hush Puppies Veggies

Italian Brick Oven

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.