



# HOCKING COLLEGE DINING SERVICES

## Menu Cycle 1

## Spring 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

### Regular Breakfast Menu

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

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

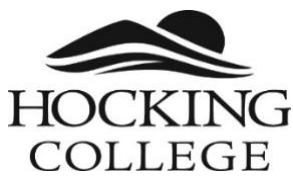
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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Grab & Go						
Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches
Egg Salad 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 Spring 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

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

Pulled Pork Sandwich	Walking Taco Beef	Chicken Wings	Cheese Tortellini	Asst. Fish Pasta Bar	Cook's Choice	Cook's Choice
Sweet Potato Fries	Refried Beans	Asst. Mac & Cheese	Asparagus	Veggies		
Corn Pudding	Spanish Rice	Broccoli	Bread Stick	Garlic Bread		
	Roasted Corn	Garlic Cheddar Biscuits		Hush Puppies		

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

General TSO	Scalloped Chicken	Chicken Wings	Chicken Bowls	Asst. Fish Pasta
Chicken Sweet-n-Sour	Mashed Potatoes	ASST. Mac & Cheese	Mashed Potatoes	Veggies
White Rice	Gravy	Broccoli	Corn	Garlic Bread
Stir Fried Veggies	Green Beans Roll	Garlic Cheddar Biscuits	Biscuit	Hush Puppies
Egg Roll				

### Italian Brick Oven

Pizza

Italian Specialties

Hot Subs

### Chef's Table

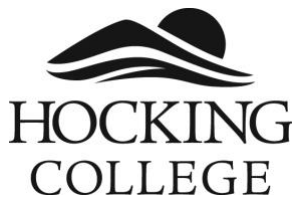
Featured Menu includes 22oz Fountain Drink, Bread, & Dessert

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

### Spring 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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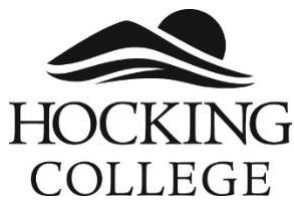
#### Grab-n-Go

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 Spring 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

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

Pot Roast	Chicken	Chicken Wing	Pizza	Asst. Fish	Cook's Choice	Cook's Choice
Mashed	Fajitas	Mac & Cheese	Casserole	Baked Potato		
Potatoes	Peppers &	Broccoli	Veggies	Bar		
Gravy	Onions	Garlic Cheddar	Garlic Bread			
Carrots	Queso	Biscuit				
Rolls	Lime &					
	Cilantro Rice					

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

Beef	Turkey	Chicken Wing	Chicken	Asst. Fish	Cook's Choice	Cook's Choice
Stroganoff	Dressing	Mac & Cheese	Parmesan	Baked Potato		
Buttered	Mashed	Broccoli	Pasta	Bar		
Noodles	Potatoes	Garlic Cheddar	Veggies			
Brussels	Gravy	Biscuit				
Sprouts	Green Beans					
Roll	Roll					

### Italian Brick Oven

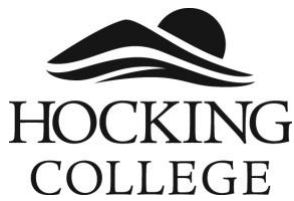
Pizza  
  
Italian  
Specialties

### 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

### Spring 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 Pizza	French Toast	Breakfast Casserole
Biscuits				

#### 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

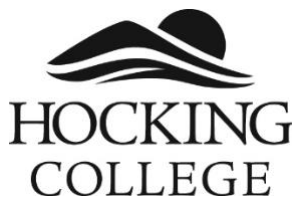
Pizza Sub Sandwiches	Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches	Pizza Sub Sandwiches	Italian Sub Sandwiches	Pizza Sub Sandwiches
Turkey Pretzel Bun Sandwich	Ham Pretzel Bun Sandwich	Roast Beef Pretzel Bun Sandwich	Turkey Pretzel Bun Sandwich	Ham Pretzel Bun Sandwich	Roast Beef Pretzel Bun Sandwich	Turkey Pretzel Bun Sandwich
Chicken Salad sandwiches	Tuna Salad sandwiches	Egg Salad sandwiches	Chicken Salad sandwiches	Tuna Salad sandwiches	Egg 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 3

### Spring 2019

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

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

Teriyaki	Taco Tuesday	Chicken Wings	Stuffed	Asst. Fish	Cook's Choice	Cook's Choice
Chicken	Beef	Mac & Cheese	Shells	Au gratin		
Honey Glazed	Chicken	Peas	Veggies	Potatoes		
Carrots	Roasted Corn	Brown rice	Bread Sticks	Fair Food		
Pineapple	Spanish Rice	Garlic				
Fried rice	Refried Beans	Biscuits				

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

Asst. Lasagna	Rosemary Herb	Chicken Wings	Pot Roast	Asst. Fish
Broccoli	Chicken	Mac & Cheese	Mashed	Au Gratin
Garlic Bread	Wild rice	Peas	Potatoes	Potatoes
	Green Beans	Brown rice	Gravy	Fair Food
	Roll		Roasted	
			Veggies	
			Roll	

### Italian Brick Oven

Pizza

Italian Specialties

### Chef's Table

Feature Menu

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