

HOCKING COLLEGE DINING SERVICES

MENU CYCLE 3

BREAKFAST

Spring 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Regular Bre	akfast Menu					
Fruit Cup Fresh Fruit Cold Cereal Assorted Muffins Bagel (with Cream Cheese) Yogurt Oatmeal Hash Browns	Fruit Cup Fresh Fruit Cold Cereal Assorted Muffins Bagel (with Cream Cheese) Yogurt Oatmeal Hash Browns	Fruit Cup Fresh Fruit Cold Cereal Assorted Muffins Bagel (with Cream Cheese) Yogurt Oatmeal Hash Browns	Fruit Cup Fresh Fruit Cold Cereal Assorted Muffins Bagel (with Cream Cheese) Yogurt Oatmeal Hash Browns	Fruit Cup Fresh Fruit Cold Cereal Assorted Muffins Bagel (with Cream Cheese) Yogurt Oatmeal Hash Browns	Fruit Cup Fresh Fruit Cold Cereal Assorted Muffins Bagel (with Cream Cheese) Yogurt Oatmeal	Fruit Cup Fresh Fruit Cold Cereal Assorted Muffins Bagel (with Cream Cheese) Yogurt Oatmeal
Egg Bacon Hash Brown						
Breakfast S	pecials Breakfast Pizza	Sausage Gravy Biscuits	Cinnamon Roll	French Toast		
		ıkfast Special				
Hot or Cold Cereal with Milk and Fruit	Hot or Cold Cereal with Milk and Fruit	Hot or Cold Cereal with Milk and Fruit	Hot or Cold Cereal with Milk and Fruit	Hot or Cold Cereal with Milk and Fruit	Hot or Cold Cereal with Milk and Fruit	Hot or Cold Cereal with Milk and Fruit
Pancakes		Biscuit	Cinnamon Roll	French Toast		
Hash Browns						
Eggs	Eggs	Eggs	Eggs	Eggs		
Vegan and Gluten Fro	ee options available upo	n request.				



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MENU CYCLE 3

Spring 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Regular Lu	nch Menu					
Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers
Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers
Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich
Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken
Spicy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken
Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger
Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese
Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers
Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks
French Fries Chips Yogurt Fruit Cups Salad Bar	French Fries Chips Yogurt Fruit Cups Salad Bar	French Fries Chips Yogurt Fruit Cups Salad Bar	French Fries Chips Yogurt Fruit Cups Salad Bar	French Fries Chips Yogurt Fruit Cups Salad Bar	French Fries Chips Yogurt Fruit Cups Salad Bar	French Fries Chips Yogurt Fruit Cups Salad Bar
Lunch Spec Roasted Pork Mashed Potatoes Gravy Carrots/Roll	Taco Salad Rice Corn	Meatloaf Mashed Potatoes Gravy Broccoli Roll	Lasagna Slaw Breadsticks	Soup Salad Breadsticks	Cook's Choice	Cook's Choice
Grab-n-Go	Lunch Spec	ials				
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
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Pretzel w/ Hummus	Pretzel w/ Hummus	Pretzel w/ Hummus	Pretzel w/ Hummus	Pretzel w/ Hummus	Pretzel w/ Hummus	Pretzel w/ Hummus
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Chips	Chips	Chips	Chips	Chips	Chips	Chips
Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
Eastern M.						
Feature Me Chicken Parmesan Broccoli w/ Garlic Faro & Root Veg Salad	Grilled Pork Chop w/ Mustard & Onion Sauce Steamed Ohio Vegetables Carrot & Raisin Salad	Broiled Rosemary Chicken Roasted Red Skin Potatoes Tomato Cucumber Salad	Meat Loaf w/ Sweet N Sour Tomato Sauce Whipped Potatoes Macaroni Salad	Carving Station		



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Regular Di	nner Menu					
Iamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers
Cheese Burgers	Cheese Burgers	Cheese Burgers	Cheese Burgers	Cheese Burgers	Cheese Burgers	Cheese Burgers
ried Fish andwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich	Fried Fish Sandwich
Frilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken	Grilled Chicken
picy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken	Spicy Chicken
eggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger	Veggie Burger
Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese
Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers
Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks	Cheese Sticks
French Fries Chips Yogurt Fruit Cups Salad Bar Dinner Spe Fish Potatoes	French Fries Chips Yogurt Fruit Cups Salad Bar CCIALS includes Pasta Sauce	French Fries Chips Yogurt Fruit Cups Salad Bar 22oz fountain dr. Hot Dog Mac N Cheese	French Fries Chips Yogurt Fruit Cups Salad Bar ink Asian Bar	French Fries Chips Yogurt Fruit Cups Salad Bar Soup Salad	French Fries Chips Yogurt Fruit Cups Salad Bar	French Fries Chips Yogurt Fruit Cups Salad Bar
Corn Hush Puppies	Breadsticks	Beans		Breadstick		
Grab-n-Go						
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
ub Sandwich						n 10 1 1 1
Sub Sandwich Pretzel Sandwich	Pretzel Sandwich	Pretzel Sandwich	Pretzel Sandwich	Pretzel Sandwich	Pretzel Sandwich	Pretzel Sandwich
	Pretzel Sandwich Tossed Salad	Pretzel Sandwich Tossed Salad	Pretzel Sandwich Tossed Salad	Pretzel Sandwich Tossed Salad	Pretzel Sandwich Tossed Salad	Pretzel Sandwich Tossed Salad
Pretzel Sandwich						