

HOCKING COLLEGE DINING SERVICES

Menu Cycle 1

Autumn 2018

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Regular Breakfast Menu

Fresh Fruit Cereal Muffins Bagel Yogurt Parfait Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Vegetarian Sausage	Fresh Fruit Cereal Muffins Bagel Yogurt Parfait Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Vegetarian Sausage	Fresh Fruit Cereal Muffins Bagel Yogurt Parfait Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Vegetarian Sausage	Fresh Fruit Cereal Muffins Bagel Yogurt Parfait Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Vegetarian Sausage	Fresh Fruit Cereal Muffins Bagel Yogurt Parfait Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Vegetarian Sausage	Fresh Fruit Cereal Muffins Bagel Yogurt Parfait Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Vegetarian Sausage	Fresh Fruit Cereal Muffins Bagel Yogurt Parfait Cinnamon Roll Donut Bacon Turkey Sausage Scrambled Eggs Hash Browns Vegetarian Sausage
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Breakfast Specials

Sausage Gravy Biscuits	Pancakes	Sausage Gravy Biscuits	French Toast
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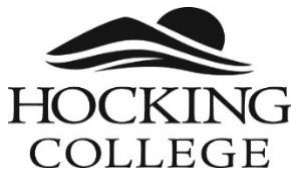
Wellness Bar

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 2018

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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

Hot Roast	Taco Tuesday	Wing	Salmon	Cook's	Cook's	Cook's
Beef Sandwich	Carnitas	Wednesday	Roasted	Choice	Choice	Choice
Mashed	Chicken	Chicken wings	Potatoes			
Potatoes	Spanish Rice	Mac & Cheese	Asparagus			
Brown Gravy	Roasted Corn	Broccoli	Red Beans &			
Corn	Queso	Rice Pilaf	Rice			
		Garlic	Sweet Roll			
		Cheddar				
		Biscuits				

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

Chicken	Country Fried	Wing	Roasted Pork	Cook's
Parmesan	Steak	Wednesday	Baked Potato	Choice
Spaghetti	Mashed	Chicken Wings	Brussels	
Marinara	Potatoes	Mac & Cheese	Sprouts	
Mixed Veggies	Gravy	Broccoli	Brown Rice	
Bread Stick	Green Beans	Rice Pilaf	Roll	
	Carrots	Garlic		
	Roll	Cheddar		
		Biscuits		

Italian Brick Oven

Pizza

Italian Specialties

Hot Subs

Chef's Table

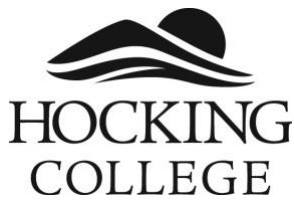
Featured Menu includes 22oz Fountain Drink, Bread, & Dessert

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 accomadate!



HOCKING COLLEGE DINING SERVICES

MENU CYCLE 2

Autumn 2018

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 Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
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	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Sausage	Sausage	Sausage	Sausage	Sausage	Sausage	Sausage

Breakfast Specials

Sausage Gravy	Pancakes	Sausage Gravy	French Toast
Biscuits		Biscuits	

Wellness Bar

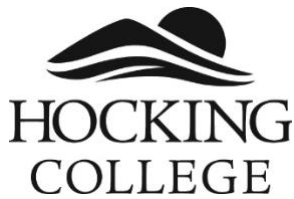
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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Grab-n-Go

Pizza	Italian	Pizza	Italian	Pizza	Italian	Pizza
Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
Turkey	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	Egg Salad	Tuna Salad	Chicken Salad	Egg Salad	Tuna 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 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 2018

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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

Spaghetti	Taco Tuesday	Wing Wednesday	BBQ Pork	Cook's Choice	Cook's Choice	Cook's Choice
Marinara	Carnitas	Chicken Wing	Cheesy			
Meat Balls	Chicken	Mac & Cheese	Potatoes			
Asparagus	Roasted Corn	Rice Pilaf	Brown Rice			
Garlic Bread	Spanish Rice	Green Beans	Glazed Carrots			
	Queso	Garlic Cheddar	Apple Sauce			
		Biscuit				

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

General TSO	Beef Pot Roast	Wing Wednesday	Meat Loaf	Cook's Choice	Cook's Choice	Cook's Choice
Chicken	Carrots	Chicken Wing	Mashed			
White rice	Potatoes	Mac & Cheese	Potatoes			
Egg Roll	Biscuit	Rice Pilaf	Gravy			
Stir Fry		Green Beans	Corn			
Veggies		Garlic Cheddar	Roll			
		Biscuit				

Italian Brick Oven

Pizza

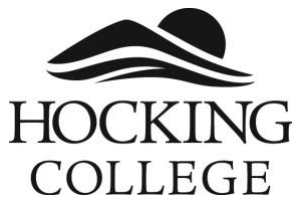
Italian
Specialties

Feature Menu 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 3

Autumn 2018

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 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	Sausage Gravy	French Toast
Biscuits		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	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 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

Autumn 2018

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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

Chicken	Taco Tuesday	Wing	Hot Turkey	Cook's Choice	Cook's Choice	Cook's Choice
Fajitas	Carnitas	Wednesday	Sandwich			
Asparagus	Chicken	Chicken Wings	Mashed			
Red Beans & Rice	Roasted Corn	Mac & Cheese	Potatoes			
	Spanish Rice	Broccoli	Gravy			
	Queso	Brown rice	Peas & Carrots			

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

Fried Chicken	Italian	Wing	Chicken	Cook's Choice
Mashed	Sausage	Wednesday	Alfredo	
Potatoes	Peppers & Onions	Chicken Wings	Mixed Veggies	
Gravy	Beans	Mac & Cheese	Garlic Bread	
Corn	Brussels	Broccoli	Green Beans	
Roll	Sprouts	Brown rice		

Italian Brick Oven

Pizza

Italian Specialties

Chef's Table

Feature Menu

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