EASTERN
OKLAHOMA STATE COLLEGE

Week of 10-4 Thru 10-10 2026

* Gluten Free
** May Contain Nuts
*** May Contain Dairy
**** May Contain Seafood

Sunday

Brunch
Scrambled Eggs
Biscuits & Gravy
Bacon/Sausage
Breakfast cubes
*Chicken Rice
Casserole
Baby Carrots
Mixed Veggie
Sandwich Bar
Half Salad Bar
Assorted Cookies
Rolls

Dinner
Pork Rib Patty
Open Roast Beef Sand
Fries
Green Beans
Mixed Veggies
Piza/Half Salad Bar
Assorted Cookies
Bread Sticks

Monday

Breakfast
Eggs to Order
Biscuits & Gravy
Bacon/Sausage
French Toast Sticks
Hash Browns
Mini Danish
Yogurt/Fruit/Granola
Toast/Bagels/Oatmeal

Lunch
Chicken Fried Steak
Swedish Meat Balls
Mash Potatoes/Gravy
Buttered Noodles
Peas and Carrots
Sauteed Squash
Mixed Vegie
Pizza/ Full Salad Bar
Sandwich Bar
Assorted Cookies
Rolls/Dessert

Dinner
*BBQ Chicken Thighs
*Pork Chops
Wild Rice
Baked Beans
Veggie Blend
Corn Nuggets
Pizza/ Full Salad
Sandwich Bar
Assorted Cookies
Rolls/Dessert

Side Bar
Cheeseburgers
Curly Fries or Chips

Tuesday

Breakfast
Eggs to Order
Biscuits/Gravy
Bacon/Sausage
French Toast
Tater Tots
Cinnamon Rolls
Yogurt/Fruit/Granola
Toast/Bagels/Grits

Lunch
*Beef Tips
Garlic Roasted Pork Loin
White Rice
Shells and Cheese
Brussel Sprouts
Mixed Veggie
Pizza/Full Salad Bar
Sandwich Bar
Assorted Cookies
Rolls/Dessert

Dinner
Tacos
Beef, Chicken, Pork
Green Enchilada Cass.
Cilantro Lime Rice
Black Beans
Street Corn
Loaded Nachos
Sandwich Bar
Pizza/Full Salad Bar
Assorted Cookies
Dessert

Side Bar
Hot & Spicy Chicken
Sandwich
Curly Fries or Chips

Wednesday

Breakfast
Eggs to Order
Biscuits & Gravy
Bacon/Sausage
Sausage/Gravy
Potato Cubes
French Toast Sticks
Muffins
Berries/Yogurt/Granola
Toast/Bagels/Cream/Wheat

Lunch
Beef Lasagna
Spinach Lasagna
*Salisbury Streak/Gravy
Garlic Mashed Potatoes
Green Peas
Breaded Squash
Cape Cod
Pizza/ Full Salad Bar
Sandwich Bar
Assorted Cookies
Bread Sticks/Dessert

Dinner
Boneless Chicken Wings
Beef or Cheese Raviolis
Roasted Red Potatoes
Cauliflower
Mixed Veggies
Pork and Beans
Reg Pizza/Full Salad Bar
Sandwich Bar
Assorted Cookies
Desserts

Side Bar
Burgers
Fries or Chips

Thursday

Breakfast
Eggs to Order
Biscuits & Gravy
Bacon/Sausage
Pancakes
Hash Brown Cass.
Donuts
Berries/Yogurt/Granola
Toast/Bagels/Oatmeal

Lunch
Frito Chili Pie Cass.
*Meatloaf
Steak Fries/Gravy
Black Eyed Peas
Spinach
Broccoli/Cheese
Cut Carrots
Pizza/Full Salad Bar
Sandwich Bar
Assorted Cookies
Rolls/Dessert

Dinner
Crack Chicken
Asian Beef Stir Fry
Hibachi Noodles
Fried Rice/Egg rolls
Peas and Carrots
Oriental Blend
Cabbage
Pizza/Full Salad Bar
Sandwich Bar
Assorted Cookies
Dessert

Side Bar
Chicken Fried Chicken
Sandwich
Fries or Chips

Friday

Brunch
Eggs
Biscuits/Gravy
Bacon/Sausage
Tator Tots
Hot Dog Bar
*White Chicken Chili
Beef Chili
Baked Beans
Mac And Cheese
Veggie Blend
Pizza/Half Salad Bar
Sandwich Bar
Assorted Cookies
Dessert

Dinner
Beef Stew
Grilled Turkey/Cheese
Curly Fries
Corn
Veggie Blend
Pizza/Half Salad Bar
Assorted Cookies
Rolls

Saturday

Brunch
Scrambled Eggs
Biscuits/Gravy
Bacon/Sausage
Hashbrowns
Baked Chicken
Mash Potatoes
Green Beans
Sandwich Bar
Half Salad Bar
Assorted Cookies
Rolls

Dinner
Corn Dogs
Chili Mac
Loaded Fries
Mixed Veggies
Pizza/Half Salad Bar
Assorted Cookies
Rolls