



RIVERMONT COLLEGIATE MEAL MENU

GF = Gluten Free Option NP = No Pork/restricted diets only Veggie = Vegetarian Option

October 5 -October 9

WEEKLY SALAD OPTION: Chef's Salad- Romaine Lettuce, Cucumbers, Turkey, Ham, Egg & Housemaid Ranch

Breakfast Daily will be Chef's Choice 7:15 to 7:45

Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Rainbow Fridays Oct 9
Cheese Stuffed Shells Green Beans Garlic Breadsticks Veggie-Cheese Stuffed Option GF= GF Pasta Available	Sloppy Joes Tater Tots Corn Veggie= Tater Tots with Onions, Peppers & Cheese No Beef Sloppy Chicken GF = GF Bread Option	Broccoli & Cheese Soup Turkey, Provolone Pretzel Sliders GF= GF Bread Option Veggie= Grilled Veggie Sliders	Chicken Parmesan Buttered Noodles Broccoli GF= GF Pasta Option Veggie= Noodles & Marinara	NO School Fall Break
Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	
ES Snack: 1% Milk Mandarin Oranges & Cottage Cheese	ES Snack: 100% Fruit Juice & Graham Crackers	ES Snack: 1% Milk with Banana Bread	ES Snack: 1% Milk Veggies & Hummus	



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October 12 -October 16

WEEKLY SALAD OPTION: Autumn Chop Salad- Romaine Lettuce, Apples, Craisins, Feta, Pecans with Maple Vinaigrette

Breakfast Daily will be Chef's Choice 7:15 to 7:45

Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Rainbow Fridays Oct 16
NO SCHOOL FALL BREAK	Beef Enchiladas Elote Corn Fruit Veggie= Cheese Enchiladas Vegan Cheese Option	Grilled Cheese & Tomato Bisque Butter Noodles GF= GF Pasta/ Bread Option Veggie= Vegan Cheese Option	Butter Chicken Rice with Peas, Carrots & Corn Garlic Naan	Chicken Parmesan with Garlic Penne Pasta Bruschetta Steamed Broccoli Rainbow Pasta Salad GF= GF Pasta & Bread Option Veggie-Garlic Penne Pasta with Red Sauce
	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit
	ES Snack: 100% Fruit Juice & Veggie Straws	ES Snack: 1% Milk, Graham Crackers, String Cheese	ES Snack: 1% Milk Apples & PB	ES Snack: 1% Milk with Cottage Cheese & Mandarin Oranges