



RIVERMONT COLLEGIATE MEAL MENU

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

October 19 -October 23

WEEKLY SALAD OPTION: Caesar Salad- Bacon, Egg, Parmesan, Tomatoes, Cucumbers, Caesar Dressing

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

Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Rainbow Fridays Oct 23
Baked Fish With Mango Salsa Cilantro Lime Rice Steamed Broccoli Veggie- Chefs Choice GF=Chef's Choice	Penne Pasta with Red or White Sauce Garlic Breadsticks Green Beans Fruit GF= GF Pasta	Sweet & Sour Chicken Rice Vegetable Egg Roll Fruit Veg- Veg Stir Fry with Rice	Chili Cornbread (Hot Honey on the Side) Toppings Fruit Veg- Veggie Chili	Chicken Tortilla Soup Nachos with Cheese Sauce Toppings Fruit Pizza Veggie= Vegetable Soup
<u>Everyday Options</u> Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	<u>Everyday Options</u> Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	<u>Everyday Options</u> Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	<u>Everyday Options</u> Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit	<u>Everyday Options</u> Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit
ES Snack: 1% Milk, Apples	ES Snack: 100% Fruit Juice & Graham Crackers	ES Snack: 1% Milk, Hummus with Pretzels	ES Snack: 1% Milk, Banana Bread	ES Snack: 1% Milk, Veggies with Ranch

