



RIVERMONT COLLEGIATE MEAL MENU

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

October 26 -October 30

WEEKLY SALAD OPTION: Wedge Salad- Blue Cheese, House Made Dressing, Bacon, Avocado, Eggs, Cucumbers

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

Monday Oct 26	Tuesday Oct 27	Wednesday Oct 28	Thursday Oct 29	Rainbow Fridays Oct 30
Chicken Parmesan with Penne Pasta Steamed Broccoli Garlic Bread Veggie- Baked Potato with Steamed Broccoli GF=GF Pasta Option	Beef Lo Mein Mixed Veggies Veggie Egg Roll Veggie- Lo Mein NO Beef with Egg Roll & Veggies GF= GF Pasta Option	Broccoli Cheese Soup with Turkey Provolone Slider on Hawaiian Rolls Veggie= Veggie Soup Slider No Turkey Vegan Cheese GF= GF Bread	Loaded Tater Tots, Beef, Chicken, Bacon, Jalapeno, Rolls Avocado, Cheese & Sour Cream Veggie= NO Meat Vegan Cheese	Spaghetti & Meatballs Bruschetta Corn Veggie= Pasta with Red Sauce GF= GF Pasta & GF Bread
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	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit
ES Snack: 100% Fruit Juice, String Cheese	ES Snack: 1% Milk, Apples with Peanut Butter	ES Snack: 1% Milk, Hummus with Veggies	ES Snack: 1% Milk, Banana Bread	ES Snack: 1% Milk, Grapes & String Cheese



RIVERMONT COLLEGIATE MEAL MENU

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

November 2 – November 6

WEEKLY SALAD OPTION: Spinach with Strawberries, Blueberries, Blue Cheese, Almonds, Eggs, Bacon

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

Monday Nov 2	Tuesday Nov 3	Wednesday Nov 4	Thursday Nov 5	Rainbow Fridays Nov 6
Chicken Fried Rice with Carrots, Peas & Corn Veggie Egg Roll Veggie= No Chicken	Sloppy Joes (Beef) Or Sloppy Chicken Tater Tots Corn Veggie= Veggie Quesadilla Vegan Cheese Option GF GF Bread Option	Baked Fish with Mango Salsa Cilantro Lime Rice Green Beans	Walking Tacos with Fritos Seasoned Beef Beans Rice & Toppings Veggie= All Toppings No Beef	Pasta with Red or White Sauce Garlic Breadsticks Steamed Veggies GF=GF Pasta & Bread Option
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	Everyday Options Grilled & Chilled Chicken for Building Your Own Salad OR PB N J Sandwich or PB & Fruit
ES Snack: 1% Milk, Bananas	ES Snack: 100% Fruit Juice & Veggie Straws	ES Snack: 1% Milk, Graham Crackers	ES Snack: 1% Milk, String Cheese & Apples	ES Snack: 100% Fruit Juice & Cottage Cheese