

RFOC

REAL FOOD ON CAMPUS

WEEK TWO

SUN., Nov. 1st

MON., Nov. 2nd

TUE., Nov. 3rd

WED., Nov. 4th

THUR., Nov. 5th

FRI., Nov. 6th

SAT., Nov. 7th

BREAKFAST

Scrambled Eggs, Bacon, Bacon and Egg Cheese Biscuit, Hash Browns, Buttermilk Biscuits, Country Gravy, Strawberry Danish, Assorted Cereals, Oatmeal, Waffle Bar, Fruit Bar

Scrambled Eggs, Bacon, French Toast, Home Fries, Buttermilk Biscuits, Country Gravy, Blueberry Muffins, Assorted Cereals, Oatmeal, Waffle Bar, Fruit Bar

Scrambled Eggs, Bacon, Buttermilk Pancakes, Home Fries, Buttermilk Biscuits, Country Gravy, Cinnamon Rolls, Assorted Cereals, Oatmeal, Waffle Bar, Fruit Bar

Scrambled Eggs, Bacon, Turkey Sausage, Tater Puffs, Buttermilk Pancakes, Buttermilk Biscuits, Country Gravy, Blueberry Crumb Cake, Assorted Cereals, Oatmeal, Waffle Bar, Fruit Bar

Scrambled Eggs, Bacon, French Toast, Hash Browns, Buttermilk Biscuits, Country Gravy, Cinnamon Rolls, Assorted Cereals, Oatmeal, Waffle Bar, Fruit Bar

Scrambled Eggs, Bacon, Sausage Breakfast Burrito, Home Fries, Buttermilk Biscuits, Country Gravy, Bran Muffins, Assorted Cereals, Oatmeal, Waffle Bar, Fruit Bar

Scrambled Eggs, Bacon, Tater Puffs, Buttermilk Biscuits, Country Gravy, Apple Crumb Cakelet, Assorted Cereals, Oatmeal, Waffle Bar, Fruit Bar

LUNCH

Home Zone

Chicken Fried Southwest Steak with Gravy, Fresh Mashed Potatoes, Seasoned Peas, Zucchini & Yellow Squash Sauté

Roasted Pork Loin Wild Rice

Southern Fried Chicken Sweet Potatoes

BBQ Beef, Baked Beans, Cabbage

Rotisserie Style Chicken, Broccoli, Mashed Potatoes

Chicken Fried Steak, Long Grain Rice, Vegetable Medley

Chicken Mojo, Bok Choy and Baby Corn

LUNCH SPECIALS

Grill

Garden Burger, Hamburger, Grilled Cheese, French Fries

Garden Burger, Hamburger, Sausage Bratwurst, French Fries

Garden Burger, Hamburger, Fried Chicken Patty melt, French Fries

Garden Burger, Corn Dogs, Hamburger, French Fries

Garden Burger, Hamburger, Green Chile and Cheese Quesadilla, French Fries

Garden Burger, Hamburger, Polish Sausage Sandwich, French Fries

Garden Burger, Hamburger, Grilled Cheese Sandwich, French Fries

Deli

Turkey Sandwich, Beef Cheese Steak Wrap, Ham and Cheese Sandwich

Turkey Sandwich, Turkey Club Wrap, Ham and Cheese Sandwich

Turkey Sandwich, Roast Beef Ciabatta, Ham and Cheese Sandwich

Turkey Sandwich, Southwest Turkey Wrap, Ham and Cheese Sandwich

Turkey Sandwich, Philly Beef America Steak, Ham and Cheese Sandwich

Turkey Sandwich, Turkey Caesar Wrap, Ham and Cheese Sandwich

Turkey Sandwich, Pizza Wrap, Ham and Cheese Sandwich

Pizza/Pasta

Cheese Pizza, Pepperoni Pizza, Bacon Chicken Ranch Pizza, Sausage Pizza

Cheese Pizza, Pepperoni Pizza, Cheeseburger Pizza, Sausage Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Pepper and Onion Calzone

Cheese Pizza, Pepperoni Pizza, Bacon Chicken Ranch Pizza, Veggie Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Margherita Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Mushroom Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Buffalo BBQ Chicken Pizza

Soups

Egg Drop Soup, Light Tomato Bisque

Farm Fresh Vegetable Soup, Light Tomato Bisque

Cream of Broccoli Soup, Light Tomato Bisque

Chicken Noodle Soup, Light Tomato Bisque

Broccoli and Cheese Soup, Light Tomato Bisque

Potato Soup, Light Tomato Bisque

Black Bean with Bacon, Light Tomato Bisque

Desserts

Butter Sugar Cookies, Brownie Cupcakes, Chocolate Chip Cookies

Butter Sugar Cookies, Double Fudge Brownies, Chocolate Chip Cookies

Butter Sugar Cookies, Chocolate Chip Cookies

Butter Sugar Cookies, Carrot Cake with Cream Cheese

Butter Sugar Cookies, Chocolate Chip Cookies, Rice Krispie Treats

Butter Sugar Cookies, Chocolate Chip Cookies, Turtle Brownies

Butter Sugar Cookies, Chocolate Chip Cookies, Brownies

Produce Market

Old-Fashioned Potato Salad

Pasta Mediterranean

Pasta Cavatappi

Vinegar Coleslaw

Caesar Salad

Pesto Pasta Salad

Potato Salad

Vegetarian Station

Cavatappi Alle Zucchini

Vegan Nachos

Vegan Eggless Egg Salad

Vegan Chili

Vegan Cheese Quesadilla

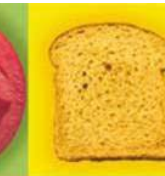
Pesto Tortellini

Asian Tofu

ITEMS SERVED DAILY

Soups: Ancho Beef & Bean Chili
Grill: French Fries, Burgers, Black Bean Burgers, Grilled Cheese, Vegetable Burgers, Potatoes with toppings
Deli: Turkey, Ham, Roast Beef, Chicken Salad, Tuna Salad
 Assorted Cheese: American, Cheddar, Provolone, Swiss, Mozzarella, Pepper Jack

Pizza: 16" Cheese, Pepperoni, Sausage and Breadsticks (MONDAY-FRIDAY)
Waffle Bar with toppings
Bakery: Assorted cookies, Jello, Low Sugar Dessert, Assorted Breads and Rolls



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REAL FOOD ON CAMPUS

WEEK TWO

Mongolian Grill

Rice Bowl

Taco Salad

Pasta Lover's Trio

Beef Burrito

Curry Chicken

DINNER

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MON., Nov. 2nd

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SAT., Nov. 7th

Home Zone

Lemon & Pepper Rotisserie Style Chicken, Greek Spinach Pie, Greek Pilaf Rice, Glazed Carrots

Top Round with Mushrooms Demi Glaze Roast Beef, Seasoned Buttered Noodles, Traditional Mixed Vegetables

Mostaccioli with Italian Sausage, Pesto Cavatappi, Sautéed Green and Red Peppers

Beef Stroganoff, Roasted Potatoes, Veggies

Chicken Parmesan, Linguini, Carrots

Chicken Roma, Rice Pilaf, Broccoli

Beef Brisket, Baked Beans, Corn on the Cob

DINNER SPECIALS

Grill

Garden Burger, Hamburger, Meatball Sandwich, French Fries

Garden Burger, Hamburger, Hot Dog on a Bun, French Fries

Garden Burger, Hamburger, Monte Cristo Sandwich, French Fries

Garden Burger, Hamburger, Sausage Bratwurst, French Fries

Garden Burger, Hamburger, Reuben Sandwich, French Fries

Garden Burger, Hamburger, Turkey Patty Melt French Fries

Garden Burger, Hamburger, Ham and Cheese Sandwich, French Fries

Pizza/Pasta

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Spinach, Bacon, Tomato and Cheese Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Buffalo Chicken Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Veggie Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Taco Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, Margherita Pizza

Cheese Pizza, Pepperoni Pizza, Sausage Pizza, BBQ Chicken Pizza

Cheese Pizza, Pepperoni Pizza, Veggie Pizza

Soups

Tuscan Beef Soup, Light Tomato Bisque

Beef Barley Vegetable Soup, Light Tomato Bisque

Kosher Black Bean Soup, Light Tomato Bisque

Roasted Garlic and Asparagus Soup, Light Tomato Bisque Cool Lime Pie, Chocolate Chip Cookies, Butter Sugar Cookies

Chicken with Rice Soup, Light Tomato Bisque

Chili Macaroni, Light Tomato Bisque

Baked Potato Soup, Light Tomato Bisque

Desserts

Butterscotch Brownies, Sugar Cookies, Raspberry Parfait

Chocolate Cake, Sugar Cookies, Rice Krispie Treats

Carrot Spice Cake, Cool Lime Pie, Chocolate Chip Cookies

Chocolate Chip Cookies, Butter Sugar Cookies

Marble Pound Cake, Chocolate Chip Cookies

Yellow Cake, Chocolate Chip Cookies

Fudge Brownies, Chocolate Chip Cookies

Produce Market

Seasoned Pasta

Macaroni Salad

Classic Fruit Salad

Mixed Veggie Salad

Caesar Salad

Pasta Salad

Apple Walnut Salad

Deli

Turkey Sandwich, Chicken Salad Sandwich, Ham and Cheese Sandwich

Turkey Sandwich, Egg Salad Sandwich, Ham and Cheese Sandwich

Turkey Sandwich, Vegetarian Panini Wrap, Ham and Cheese Sandwich

Turkey Sandwich, Chicken Salad Sandwich, Ham and Cheese Sandwich

Turkey Sandwich, Roast Beef Ciabatta, Ham and Cheese Sandwich

Turkey Sandwich, Buffalo Chicken Wrap, Ham and Cheese Sandwich

Southwest Turkey Wrap, Ham and Cheese Sandwich

Vegetarian Station

Vegan Rosemary Polenta

Vegan White Bean & Eggplant Casserole, Brown Rice

Vegan Grilled BBQ Tofu, Corn on the Cob, Green Beans

Harissa Couscous

Vegetarian Quesadilla

Veggie Lasagna

Grilled Teriyaki Tofu

Mongolian Grill

Fresh Vegetable Fried Rice

Waffle Bar

Quesadilla

Tuna Melt

Egg Foo Young

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Deli: Turkey, Ham, Roast Beef, Chicken Salad, Tuna Salad
 Assorted Cheese: American, Cheddar, Provolone, Swiss, Mozzarella, Pepper Jack

Pizza: 16" Cheese, Pepperoni, Sausage and Breadsticks (MONDAY-FRIDAY)
Waffle Bar with toppings
Bakery: Assorted cookies, Jello, Low Sugar Dessert, Assorted Breads and Rolls

