

# RFOC

## REAL FOOD ON CAMPUS

### WEEK THREE



12/13/14  
 15/16/17  
 18/19/20  
 21/22/23  
 24/25/26  
 27/28/29  
 30/31



	SUN., Nov. 8th	MONDAY, Nov. 9th	TUESDAY, Nov. 10th	WEDNESDAY, Nov. 11th	THURSDAY, Nov. 12th	FRIDAY, Nov. 13th	SAT., Nov. 14th
<b>BREAKFAST</b>	Omelets Made-to-Order Scrambled Eggs Bacon Chocolate Chip Pancakes Shredded Hash Browns Biscuits & Country Gravy Oatmeal & Cereal Assorted Pastries Fruit	Omelets Made-to-Order Scrambled Eggs Bacon Chocolate Chip Pancakes Breakfast Potatoes Biscuits & Country Gravy Oatmeal & Cereal Assorted Pastries Fruit	Omelets Made-to-Order Scrambled Eggs Bacon Egg & Cheese Quesadilla Shredded Hash Browns Biscuits & Country Gravy Oatmeal & Cereal Assorted Pastries Fruit	Omelets Made-to-Order Scrambled Eggs Bacon Huevos Con Migas Shredded Hash Browns Biscuits & Country Gravy Oatmeal & Cereal Assorted Pastries Fruit	Omelets Made-to-Order Scrambled Eggs Bacon Buttermilk Pancakes Shredded Hash Browns Biscuits & Country Gravy Oatmeal & Cereal Assorted Pastries Fruit	Omelets Made-to-Order Scrambled Eggs Bacon Chicken Biscuit Sandwich Breakfast Potatoes Assorted Pastries Fruit	Omelets Made-to-Order Scrambled Eggs French Toast Bacon Tater Puffs Assorted Pastries Fruit
<b>LUNCH</b>							
<b>Home Zone</b>	Calabacitas Spiced Mexican Rice Charro Beans	Beef, Mushrooms, & Noodles Green Beans	Risotto, Mushrooms & Italian Veggies Honey Mint Glazed Carrots Broccoli	Pork Loin Wild Rice Glazed Carrots	Roasted Chicken with Herbs	Cheese Enchiladas Poblano Rice Refried Beans	Chicken Parmesan Cavatappi Pasta Veggie Medley
<b>LUNCH SPECIALS</b>	See Bottom of Page for Items	Served Daily					
<b>Mongolian Grill</b>		Tofu Lo Mein	Cream of Tomato Soup Grilled Cheese	Vegetable Fried Rice	Taco Salad	Noodles Spicy Shrimp	
<b>Grill</b>	Chili Dog	Philly Cheese Steak	Patty Melt	Monte Cristo Sandwich	Classic Cuban Sandwich	Philly Cheese Steak	Hot Dog
<b>Deli</b>	Beef & Cheese Steak Wrap	BLT Sandwich	Buffalo Chicken Wrap Calzone	Beef Cheese Steak Wrap	Roast Beef Sandwich	Classic Caesar Wrap	Tuna Salad
<b>Pizza/Pasta</b>	Spinach, Bacon, Tomato, & Cheese Pizza	Vegetable Pizza	Bacon Chicken & Ranch Pizza	Bacon Chicken & Ranch Pizza	Italian Stromboli	Margherita Old World Pizza	Calzone
<b>Soups</b>	Chicken & Okra Gumbo	Potato Leek Soup	Old Fashion Chicken with Rice	Split Pea with Ham	Chicken Noodle	French Onion	Vegetable Minestrone
<b>Breakfast All Day</b>	Eggs & Omelets Made-to-Order	Eggs & Omelets Made-to-Order	Eggs & Omelets Made-to- Order	Eggs & Omelets Made-to- Order	Eggs & Omelets Made-to- Order	Eggs & Omelets Made- to-Order	Eggs & Omelets Made- to-Order
<b>Produce Market</b>	Havana Romaine Salad	Avocado Papaya Romaine	Cajun Black Bean and Vegetables	Italian Pasta Salad	Cucumber Tomato Salad	Garden Pasta Salad Pesto Sauce	Apple Walnut Salad
<b>Vegetarian</b>	Couscous	Vegetable Chimichanga	Lentil Stuffed Vegetarian Peppers	Vegetarian Caponata	Vegetarian Fajita	Vegan Meatballs	Tofu Vegetable Lo Mein
<b>Dessert</b>	Gelatin Parfait Brownie Cupcakes	Cherry Parfait	Apple Crumb Cake Choco Choco-Chip Crumble	Carrot Cake	Choco Choco-Chip Crumble Butterscotch Brownies	Chocolate Mousse Rice Krispie Treats	Bread Pudding

**ITEMS SERVED DAILY**

**Soups:** Tomato Bisque  
**Grill:** French Fries, Burgers, Garden Burger, Grilled Cheese  
**Bakery:** Assorted cookies, Jello, Low Sugar Dessert, Assorted Breads and Rolls

**Pizza:** 16" Cheese, Pepperoni and Sausage  
**Deli:** Turkey, Ham, Roast Beef, Chicken Salad, Tuna Salad  
**Assorted Cheese:** American, Cheddar, Provolone, Swiss, Mozzarella, Pepper Jack

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### DINNER

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<b>Home Zone</b>	Chicken Pot Pie Cheddar Mashed Potatoes Vegetables	Country Meatloaf Scalloped Potatoes Veggies	Swedish Meatballs Red Roasted Potatoes Vegetables		Baked Fish Vegetables	BBQ Pork Loin Vegetables	Blackened Fish Fillets Rice Pilaf Vegetables	Lasagna with Meat Vegetables

### DINNER SPECIALS

See Bottom of Page for Items Served Daily

#### Mongolian Grill

Bananas Foster

Pancake Bar

Asian Chicken  
Vegetables

Pancake Bar

#### Grill

Grilled Chicken Breast

Grilled Cheese Sandwich

BLT Sandwich

Grilled Cheese & Tomato

Monte Cristo Sandwich

Chicken Nuggets

Grilled Cheese

#### Deli

Beef Cheese Steak Wrap

Vegetarian Panini Wrap

Chicken Caesar Wrap

Hummus & Veggie Wrap

Classic Caesar Wrap

Ham & Cheese Panini

Buffalo Chicken  
Wrap

#### Pizza/Pasta

Cheeseburger Pizza

Cinnamon Pizza Sticks

Meat Special Pizza

Bacon Chicken Ranch Pizza

Spinach & Vegetable  
Pizza

Cajun Pizza  
Penne Pasta

Vegetarian Pizza

#### Soups

Tuscan Beef Soup

Navy Bean Soup

Minestrone Soup

Vegetable & Rice Soup

Tuscan White Bean Soup

Cream of Spinach Soup

Hearty Vegetable  
Soup

#### Breakfast All Day

Eggs & Omelets Made-to-Order

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Eggs & Omelets  
Made-to-Order

#### Produce Market

Garden Pesto Salad

White Bean & Sun Dried  
Tomatoes

Italian Pasta Salad

Oriental Salad with Tofu

Caesar Salad

Pasta Primavera Salad

Vegetable Stir-  
Fried

#### Vegetarian

Vegan Beef Taco

Vegetable Kabob  
Squash Medley

Artisan Vegetarian Wrap

Vegan Scampi  
Vegetables

Italian Vegetable Bake  
Pasta Cavatappi

Vegetable Quesadilla

Vegetable  
Quesadilla

#### Dessert

Vanilla Pudding with  
Chocolate

Chocolate Mousse

Apple Spice Bars

Carrot Cake

Marble Pound Cake

Raspberry, Coconut Bars

Chocolate Cherry  
Cake

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**Pizza:** 16" Cheese, Pepperoni and Sausage

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