

October



Breakfast

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
1) Bagel w/ Cream Cheese 2) Honey Bunches of Oats Cereal w/ Honey Grahams	1) Conchita w/ String Cheese 2) Cinnamon Chex Cereal w/ Honey Grahams	1) Banana Muffin 2) Cocoa Orbits Bites (Chocolate Puffed Cereal)	1) Berry Apple Zee Zee Bar 2) Cheerios Cereal w/ Honey Grahams	1) Strawberry Yogurt Parfait w/ Cinnamon Granola 2) CinniPuffs (Maple Cinnamon Puffed Cereal)
Allergy Friendly Cinnamon Chex Cereal w/ Strawberry Granola	Allergy Friendly Cheerios w/ Chocolate Granola	Allergy Friendly Cinnamon Chex Cereal w/ Strawberry Granola	Allergy Friendly Cheerios w/ Chocolate Granola	Allergy Friendly Corn Chex w/ Chocolate Granola
1) Bean & Cheese Burrito w/ Corn Tajin 2) Orange Chicken with Brown Rice, Peas, and Goldfish Grahams 3) Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn 4) Wowbutter & Jelly Sandwich w/ Tajin Corn	Minimum Day - No Lunch	Minimum Day - No Lunch	1) Bean & Cheese Pupusa w/ Pinto Beans 2) BBQ Chicken w/ Baked Beans & Dinner Roll 3) Egg Salad Sandwich w/ Churro Fava Beans 4) Turkey & Cheese Sandwich w/ Roasted Fava Beans	1) Cheese Pizza 2) Pepperoni Pizza 3) Bean & Cheese Burrito 4) Chicken Caesar Salad with Dinner Roll & Croutons
Allergy Friendly Turkey Marinara Bowl & Peas	Allergy Friendly Chicken Fajita Bowl w/ Green Beans	Allergy Friendly Turkey California Vegetable Bowl	Allergy Friendly Beef Veggie Bowl w/ Zucchini	Allergy Friendly Turkey Burrito Bowl
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% Low Fat White or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Monday:Baby Carrots (1/4 C) Tuesday: Celery Sticks (1/4 C) Wednesday:Cucumber Slices (1/4 C) w/ Tajin Thursday:Jicama Slices (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)	Apple (1/2 C), Banana (1/2 C), Nectarine (1/2 C), Peach (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	
				

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