

October



Breakfast

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
1) Cinnamon Roll 2) Cinnamon Chex Cereal w/ Honey Grahams	1) Yogurt w/ String Cheese 2) CinniPuffs (Maple Cinnamon Puffed Cereal)	1) Fruit & Yogurt Smoothie w/ Granola 2) Honey Bunches of Oats Cereal w/ Honey Grahams	1) Yogurt w/ Honey Grahams 2) Cocoa Orbits Bites (Chocolate Puffed Cereal)	1) Blueberry Muffin 2) Cheerios Cereal w/ Honey Grahams
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) Cheeseburger w/ Oven Baked Fries 2) Bean Burrito Bowl w/ Rice & Corn 3) Beef & Cheese Taco Stick w/ Corn Tajin 4) Turkey & Cheese Sub Sandwich w/ Tajin Corn	1) Penne & Meat Sauce 2) Bean & Cheese Burrito w/ Baby Carrots 3) Cheese Pizza Kit 4) P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	1) Grilled Cheese Sandwich w/ Baby Carrots 2) Parm Pizza Bites w/ Marinara Dipping Sauce 3) Firecracker Chicken Dumplings & Peas 4) Asian Chicken Salad w/ WG Crispy Noodles	Minimum Day - No Lunch	Minimum Day - No Lunch
Allergy Friendly Turkey Marinara Bowl & Peas	Allergy Friendly Chicken Fajita Bowl w/ Green Beans	Allergy Friendly Turkey California Vegetable 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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