

October



Breakfast

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
1) Cinnamon Crumble 2) Cheerios Cereal w/ Honey Grahams	1) Bagel w/ Seedbutter 2) Cocoa Orbits Bites (Chocolate Puffed Cereal)	1) Croissant w/ Grape Jelly 2) Honey Bunches of Oats Cereal w/ Honey Grahams	1) Chocolate Chip Muffin Top 2) CinniPuffs (Maple Cinnamon Puffed Cereal)	1) Yogurt w/ Honey Grahams 2) Cinnamon Chex 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) Soy Veggie Burger w/ Potato Wedges 2) Chicken Bites w/ Mashed Potatoes 3) P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn 4) Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	1) Cheese Lasagna w/ Marinara 2) Beef & Cheese Taco Stick w/ Baby Carrots 3) Yogurt w/ String Cheese, Granola & Baby Carrots 4) Chicken Salad Sandwich w/ Baby Carrots	1) Bean & Cheese Pupusa w/ Curtido Salad 2) Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot 3) Chicken Alfredo Pasta w/ Seasoned Peas 4) Cheese Pizza Kit	1) Chicken Tamale w/ Pinto Beans 2) Grilled Cheese Sandwich w/ Roasted Fava Beans 3) Veggie Chef Salad w/ Egg, Dinner Roll & Ranch 4) Turkey & Cheese Sandwich w/ Roasted Fava Beans	1) Cheese Pizza 2) Pepperoni Pizza 3) Crispy Chicken Sandwich 4) Wowbutter (Soybutter) & Jelly Sandwich
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
<i>Lunch Includes:</i>	<i>Veg of the Day:</i>	<i>Featured Fruit:</i>	<i>RevUp Rewards:</i>	
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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