# December

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 30 | 1 | 2 | 3 | 4 |
| Breakfast: 1) Shelf Stable Cheerios Cereal, Honey Grahams, Applesauce, Fruit Juice & Milk 2) Shelf Stable Cheerios Cereal, Honey Grahams, Applesauce, Dried Cranberries & Milk | Breakfast: 1) Shelf Stable Cinnamon Chex Cereal, Honey Grahams, Applesauce, Dried Cranberries & Milk 2) Shelf Stable Cinnamon Chex Cereal, Honey Grahams, Applesauce, Fruit Juice & Milk | Breakfast: 1) Blueberry Muffin 2) Cocoa Orbits Bites (Chocolate Puffed Cereal) | Breakfast: 1) Hard Boiled Egg & WG Dinner Roll 2) Honey Bunches of Oats Cereal w/ Honey Grahams | Breakfast: 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 Cinnamon Chex Cereal w/ Strawberry Granola |
| Lunch: 1) Shelf Stable Kit - Seedbutter, Cheese, Wheat Cracker, Graham Cracker, Applesauce, Fava Beans & Roasted Chickpeas | Lunch: 1) Mac & Cheese w/ Diced Carrots 2) Shelf Stable Kit - Yogurt, Cheese, Goldfish, Graham Cracker, Applesauce, Paradise Punch, & Roasted Chickpeas 3) Shelf Stable Kit - Yogurt, Cheese, Poptillas, Graham Cracker, Dried Cranberries, Marinara, & Roasted Chickpeas | Lunch: 1) Hot Dog w/ Oven Baked Fries 2) Bean & Cheese Burrito w/ Corn Tajin 3) Soy Veggie Burger w/ Potato Wedges 4) Wowbutter & Jelly Sandwich w/ Tajin Corn | Lunch: 1) Bean & Cheese Pupusa w/ Curtido Salad 2) Chicken Dumplings w/ Mixed Veggies 3) Beef, Bean & Cheese Burrito w/ Cucumbers 4) Bagel, Seedbutter, String Cheese, & Celery Kit | Lunch: 1) Cheese Pizza 2) Pepperoni Pizza 3) Crispy Chicken Sandwich 4) Egg Salad 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 Marinara Bowl & Peas |

| *Lunch Includes:* | *Veg of the Day:* | *Featured Fruit:* | *RevUp Rewards:* |
|---|---|---|---|
| Choice of 1% Low Fat White or Fat Free Chocolate Milk<br>Fruit & Vegetable of the Day<br>Vegetarian<br>*May include an extra 1/2 cup veg for compliance<br>*All Grains Are Whole Grain Rich | Monday:Baby Carrots (1/4 C) Tuesday: Celery Sticks (1/4 C)<br>Wednesday:Cucumber Slices (1/4 C) w/ Tajin<br>Thursday:Jicama Slices (1/4 C)<br>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<br>Complete the Survey<br>**You're Entered to Win!**<br>Drawings Monthly<br>Learn More and See Prizes:<br>www.revolutionfoods.com/revuprewards |

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