December

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
Breakfast: 1) Cinnamon Crumble 2) Cheerios Cereal w/ Honey Grahams	Breakfast: 1) Bagel w/ Seedbutter 2) Cocoa Orbits Bites (Chocolate Puffed Cereal)	Breakfast: 1) Strawberry Yogurt Parfait w/ Cinnamon Granola 2) Honey Bunches of Oats Cereal w/ Honey Grahams	Breakfast: 1) Chocolate Chip Muffin Top 2) CinniPuffs (Maple Cinnamon Puffed Cereal)	Breakfast: 1) Yogurt, Seedbutter, & 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 Cinnamon Chex Cereal w/ Strawberry Granola
Lunch: 1) Orange Chicken with Brown Rice, Peas, and Goldfish Grahams 2) Bean & Cheese Burrito w/ Corn Tajin 3) Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn 4) Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Lunch: 1) Cheese Lasagna w/ Marinara & Graham Crackers 2) Beef & Cheese Taco Stick w/ Baby Carrots 3) Chicken Salad Sandwich w/ Baby Carrots 4) Yogurt w/ String Cheese, Granola & Baby Carrots	Lunch: 1) Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot 2) Chicken Alfredo Pasta w/ Peas 3) Cheese Pizza Kit 4) Egg Salad Sandwich w/ Celery	Lunch: 1) Cheese Tamale w/ Black Beans 2) Grilled Cheese Sandwich w/ Roasted Fava Beans 3) Turkey & Cheese Sandwich w/ Roasted Fava Beans 4) Southwest Chicken Salad w/ WG Dinner Roll	Minimum Day - No Lunch
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	

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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