

September



Breakfast

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
1) Vanilla Concha 2) Cheerios Cereal w/ Honey Grahams	1) Banana Muffin 2) Cinnamon Chex Cereal w/ Honey Grahams	1) Bagel w/ Cream Cheese 2) Cocoa Orbits Bites (Chocolate Puffed Cereal)	1) Berry Apple Zee Zee Bar 2) Honey Bunches of Oats 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) Crispy Chicken Sandwich w/ Oven Baked Fries 2) Soy Veggie Burger w/ Potato Wedges 3) Turkey & Cheese Sub Sandwich w/ Tajin Corn 4) Wowbutter & Jelly Sandwich w/ Tajin Corn	1) Parm Pizza Bites w/ Marinara Dipping Sauce 2) Beef & Cheese Taco Stick w/ Baby Carrots 3) Yogurt w/ String Cheese, Granola & Baby Carrots 4) Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	1) Bean & Cheese Burrito w/ Baby Carrots 2) Hot Dog w/ Oven Baked Fries 3) Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot 4) P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	1) Grilled Cheese Sandwich w/ Roasted Fava Beans 2) Chicken Tamale w/ Pinto Beans 3) Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans 4) Turkey & Cheese Sandwich w/ Roasted Fava Beans	1) Cheese Pizza 2) Pepperoni Pizza 3) Beef, 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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