

September/October



Breakfast

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
1) Cinnamon Crumble 2) Honey Bunches of Oats Cereal w/ Honey Grahams	1) Conchita w/ String Cheese 2) CinniPuffs (Maple Cinnamon Puffed Cereal)	1) Blueberry Muffin 2) Cheerios Cereal w/ Honey Grahams	1) Croissant w/ Grape Jelly 2) Cinnamon Chex Cereal w/ Honey Grahams	1) Yogurt w/ Honey Grahams 2) Cocoa Orbits Bites (Chocolate 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) Cheeseburger w/ Oven Baked Fries 2) Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams 3) Turkey & Cheese Sub Sandwich w/ Tajin Corn 4) Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	1) Mac & Cheese w/ Diced Carrots 2) Pineapple Teriyaki Chicken w/ Rice & Diced Carrots 3) Italian Turkey Trio on Hoagie w/ Baby Carrots 4) Yogurt w/ String Cheese, Granola & Baby Carrots	1) Chicken Bites w/ Corn 2) Grilled Cheese Sandwich w/ Baby Carrots 3) Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas 4) Asian Chicken Salad w/ WG Crispy Noodles	1) Cheese Tamale w/ Black Beans 2) Bean & Cheese Pupusa w/ Pinto Beans 3) Southwest Chicken Salad w/ WG Dinner Roll 4) Turkey & Cheese Sandwich w/ Roasted Fava Beans	1) Cheese Pizza 2) Pepperoni Pizza 3) Bean & Cheese Burrito 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
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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