# SEPTEMBER BREAKFAST Mode for your

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Labor Day	Vanilla Concha Cheerios Cereal French Toast Sticks	Yogurt Parfait w/ Granola Apple Jacks Cereal Mini Pancakes <b>(V)</b>	Blueberry Muffin Honey Bunches of Oats Cereal Croissant Sausage Sandwich	Cinnamon Swirl Apple Jacks Sausage Stuffed Waffle
8	9	10	11	12
Cinnamon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich (V)	Conchita & String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Apple Jacks Cereal Egg Scramble w/ Sausage	StrawberryBanana Smoothie W/Granola Froot Loops Cereal Pancake Sausage Sandwich
15	16	17	18	19
Bagel w/ Cream Cheese Froot Loops Pancake Sausage Sandwhich	Vanilla Concha Cheerios Cereal French Toast (V)	Yogurt Parfait w/Granola Apple Jacks Cereal Mini Pancakes (V)	Blueberry Muffin Honey Bunches of Oats Cereal Croissant Sausage Sandwich	Cinnamon Swirl Apple Jacks Cereal Sausage Stuffed Waffle
22	23	24	25	26
Cinnomon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich (V)	Conchita & String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Apple Jacks Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Froot Loops Cereal Pancake Sausage Sandwich
29	30	1	2	3
Bagel w/ Cream Cheese Froot Loops Cereal Pancake Sausage Sandwich	Vanilla Concha Cheerios Cereal French Toast	Yogurt Parfait w/ Granola Apple Jacks Cereal Mini Pancakes (V)	Blueberry Muffin Honey Bunches of Oats Cereal Croissant Sausage Sandwich	Cinnamon Swirl Apple Jacks Ceral Sausage Stuffed Waffle
Breakfast Includes:	Feature	d Fruit:	RevUp R	ewards:
Choice of 1% or Fat Free Milk Fruit of the Day = 2 x 1/2 cup options (V) Vegetarian *Cereal Served w/ Graham Crackers *All grains are whole grain rich	Apple, Apple Slices, Applesauce Cup, E Juice	Banana, Pear, Plum, Raisins, 100% Fruit	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewar	ds

# SEPTEMBER BREAKFAST Mode for your

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	8	4	5
Labor Day	Vanilla Concha Cheerios Cereal French Toast (V)	Yogurt Parfait w/ Granola Apple Jacks	Blueberry Muffin Honey Bunches of Oats Cereal Croissant Sausage Sandwich	Cinnamon Swirl Apple Jacks Cereal
8	9	10	11	12
Cinnamon Crumble Honey Bunches of Oats Cereal	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich (V)	Conchita & String Cheese Honey Bunches of Oats Cereal	Mantecada Muffin Apple Jacks Cereal Egg Scramble w/ Sausage	StrawberryBanana Smoothie w/ Granola Froot Loops Cereal
15	16	17	18	19
Bagel w/ Cream Cheese Froot Loops Cereal	Vanilla Concha Cheerios Cereal French Toast (V)	Yogurt Parfait w/ Granola Apple Jacks Cereal	Blueberry Muffin Honey Bunches of Oats Cereal Croissant Sausage Sandwich	Cinnamon Swirl Apple Jacks Cereal
22	23	24	25	26
Cinnamon Crumble Cinnamon Chex Cereal	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich (V)	Conchita & String Cheese Honey Bunches of Oats Cereal	Mantecada Muffin Apple Jacks Cereal Pancake Sausage Sandwich	StrawberryBanana Smoothie w/ Granola Froot Loops Cereal
29	30	1	2	3
Bagel w/ Cream Cheese Froot Loops Cereal	Vanilla Concha Cheerios Cereal French Toast (V)	Yogurt Parfait w/ Granola Apple Jacks Cereal	Blueberry Muffin Honey Bunches of Oats Cereal Croissant Sausage Sandwich	Cinnamon Swirl Apple Jacks Cereal
Breakfast Includes:	Feature	d Fruit:	RevUp R	ewards:
				4 NO. 12

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit of the Day = 2 x 1/2 cup options (V) Vegetarian *Cereal Served w/ Graham Crackers *All grains are whole grain rich	Apple, Apple Slices, Applesauce Cup, Banana, Pear, Plum, Raisins, 100% Fruit Juice	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

This institution is an equal opportunity provider. Menus are subject to change without notice.

\*Breakfast- same day delivery

## SEPTEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Labor Day!	Cheeseburger & Fries Hot Dog & Fries Yogurt & Mantacada Kit w/ Corn (V)	Chicken Queso Blanco Bowl Bean & Cheese Burrito w/ Crispy Beans (V) Chicken Salad & Cheese Kit w/ Crispy Beans	Teriyaki Chicken w/ Rice & Carrots Mac & Cheese Soy Burger w/ Potato Wedges (V) Asian Chicken Salad	Beef, Bean & Cheese Burrito Cheese Pizza (V) Turkey & Cheese Sub Sandwich
8	9	10	11	12
Crispy Chicken Sandwich & Fries Breakfast for Lunch w/ Sausage & Potatoes Yogurt & Mantacada Kit w/ Corn (V)	Pizza Dippers w/ Marinara Sauce (V) Chicken Tamale w/ Mixed Vegetables Penne Pasta w/ Meat Sauce Italian Trio Sandwich	Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido (V) "P"B&J Kit (V)	Turkey Nachos w/ Refried Beans Chicken Tikka Masala w/ Chickpeas Veggie Chef Salad (V)	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Pretzel Sandwich
15	16	17	18	19
Hamburger & Fries Crispy Chicken Sandwich & Fries Yogurt & Mantacada Kit w/ Corn (V)	Orange Chicken w/ Rice & Carrots Penne Pasta w/ Meat Sauce Pizza Dippers w/ Marinara Sauce (V) Cheese Pizza Kit (V)	Beef Taco Stick & Crispy Beans Cheese Tamale w/ Black Beans (V) Chicken Salad & Cheese Kit & Crispy Beans	Chicken Bites w/ Mashed Potatoes Mac & Cheese Chicken Dumplings w/ Rice & Peas Chicken Cesaer Salad	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Sub Sandwich
22	23	24	25	26
Cheeseburger & Fries Hot Dog & Fries Yogurt & Mantacada Kit w/ Corn (V)	Beef Birria Tacos w/ Tajin Corn Chicken Dumplings w/ Rice & Peas Chicken Tamale w/ Mixed Veg Cheese Pizza Kit (V)	BBQ Chicken w/ Baked Beans Bean & Cheese Burrito w/ Crispy Beans (V) Chicken Salad & Cheese Kit & Crispy Beans	Teriyaki Chicken w/ Rice & Carrots Penne Pasta w/ Meat Sauce Soy Burger w/ Potato Wedges (V) Asian Chicken Salad	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Sub Sandwich
29	30	1	2	8
Crispy Chicken Sandwich & Fries Hot Dog & Fries Yogurt & Mantacada Kit w/ Corn (V)	Pizza Dippers w/ Marinara Sauce (V) Chicken Tamale w/ Mixed Veg Penne Pasta w/ Meat Sauce Turkey Trio Sandwich	Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido (V) "P"B&J Kit (V)	Turkey Nachos w/ Refried Beans Chicken Tikka Masala w/ Chickpeas Veggie Chef Salad (V)	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Pretzel Sandwich
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp F	Rewards
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *All grains are wholegrain rich	Monday: French Fries Tuesday: Carrots Wednesday: Crunchy Beans Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Applesauce, Bananas, Grapes, Oranges, Peaches, Pears, Plums, Waternmelon 100% Juice	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

# SEPTEMBER BUFFET LUNCH + Consultation of the second series of the second



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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	<b>5</b>
Labor Day	Cheeseburger & Fries Yogurt & Mantacada Kit w/ Corn ( <b>V</b> )	Queso Blanco Bowl Bean & Cheese Burrito w/ Crispy Beans (V) Chicken Salad & Cheese Kit w/ Crispy Beans	Teriyaki Chicken w/ Rice & Carrots Soyburger & Potatoes <b>(V)</b> (Unitized) Asian Chicken Salad	Beef, Bean, & Cheese Burrito Cheese Pizza <b>(V)</b> Turkey & Cheese Sub Sandwich
8	9	10	11	12
Breakfast for Lunch w/ Sausage & Potatoes Yogurt & Mantacada Kit w/ Corn (V)	Chicken Tamale w/ Mixed Veg Pizza Dippers w/ Marinara Sauce <b>(V)</b> (unitized) Italian Trio Sandwich	Bean & Cheese Pupusa w/ Curtido ( <b>V</b> ) "P"B&J Kit ( <b>V</b> )	Chicken Tikka Masala w/ Chickpeas Veggie Chef Salad <b>(V)</b>	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Pretzel Sandwich
15	16	17	18	19
Hamburger & Fries Yogurt & Mantacada Kit w/ Corn (V)	Orange Chicken w/ Rice & Carrots Cheese Pizza Kit <b>(V)</b>	Beef Taco Stick w/ Crisy Beans Cheese Tamale w/ Black Beans (V) Chicken Salad & Cheese Kit & Crispy Beans	Mac & Cheese w/ Diced Carrots Chicken Cesaer Salad	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Sub Sandwich
22	23	24	25	26
Hot Dog & Fries Yogurt & Mantacada Kit w/ Corn (V)	Beef Birria Tacos w/ Corn Tajin Cheese Pizza Kit (V)	BBQ Chicken w/ Baked Beans Bean & Cheese Burrito w/ Crispy Beans (V) (unitized) Chicken Salad & Cheese Kit & Crispy Beans	Chicken Teriyaki w/ Noodles & Carrots Soy Burger w/ Potato Wedges (V) (Unitized) Asian Chicken Salad	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Sub Sandwich
29	80		2	8
Crispy Chicken Sandwich & Fries Yogurt & Mantacada Kit w/ Corn (V)	Chicken Tamale w/ Mixed Veg Pizza Dippers w/ Marinara Sauce (V) (unitized) Cheese Pizza Kit (V)	Bean & Cheese Pupusa w/ Curtido ( <b>V</b> ) "P"B&J Kit ( <b>V</b> )	Chicken Tikka Masala w/ Chickpeas Veggie Chef Salad <b>(V)</b>	Pepperoni Pizza Cheese Pizza <b>(V)</b> Turkey & Cheese Sub Sandwich
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp R	Rewards
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *All grains are wholegrain rich	Monday: French Fries Tuesday: Carrots Wednesday: Crunchy Beans Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Applesauce, Bananas, Grapes, Oranges, Peaches, Pears, Plums, Waternmelon 100% Juice	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

### ALLERGY FRIENDLY



Monday	Tuesday	Wednesday	Thursday	Friday	
Weekly Breakfast Menu					
Cinnamon Chex Bowl, Strawberry Rockinola Granola	GF Cheerios Bowl, Chocolate Rockinola Granola	Cinnamon Chex Bowl, Strawberry Rockinola Granola	GF Cheerios Bowl, Chocolate Rockinola Granola	Corn Chex Bowl, Chocolate Rockinola Granola	
Weekly Lunch Menu					
Turkey Marinara Bowl w/ Green Peas	Chicken Fajitas Bowl w/ Green Beans	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn	
Weekly Snack Menu					
Rockinola Chocolate Granola, Fruit*	Corn Tortilla Chips, Fruit*	Rockinola Cinnamon Granola, Fruit*	Rockinola Strawberry Granola, Fruit*	Corn Tortilla Chips, Fruit*	
Weekly Supper Menu					
Chicken Fajitas Bowl w/ Green Beans	Turkey Marinara Bowl w/ Green Peas	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini	

#### **Handling Instructions**

Keep food frozen/refrigerated until ready to cook and serve.

Tear open the side of the film, place the tray in the microwave and microwave on high for 3-5 minutes. Ensure the internal temperature reaches 165°F. Allow the food to rest for 1 minute. For conventional oven, set the oven temperature at 300°F, heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F.

Lunch Includes:	RevUp Rewards:	Fruit:
Milk Alternatives are available through the A La Carte Menus.  (Additional fees may apply.)  This institution is an equal opportunity provider.  Menus are subject to change without notice for another AFM option.	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	Apples, Applesauce, Bananas, Grapes, Oranges, Peaches, Pears, Plums, Waternmelon 100% Juice

#### Our Allergen Management Plan:

Revolution Foods takes food safety and customer safety seriously. We have an allergen management plan in place to prevent allergen crosscontamination. This meal is free of major 9 allergens and manufactured on a validated clean line. The sanitation process is verified by performing allergen residue testing. Every production batch is being tested against these listed allergies up to the stated limit of detection (LOD) using an accredited test method.

Target Allergen LOD (Limit of Detection) Target Allergen LOD (Limit of Detection) **Almond Protein** 2 ppm Gluten Protein 4 ppm **Brazil Nut Protein** 5 ppm Hazelnut Protein 5 ppm Cashew/Pistachio Protein 2 ppm Macadamia nut Protein 2 ppm Coconut Protein 10 ppm **Total Milk Protein** 1 ppm Crustacean Protein Peanut Protein 1 ppm 2 ppm Whole Egg Protein 2 ppm Walnut Protein 10 ppm Soy Protein Sesame Protein 2 ppm 5 ppm

### SEPTEMBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8
Labor Day	Kettle Corn Chickpeas (1V) & Juice	Spicy Chili Lime Rings (1.25G) & Fruit OR Goldfish Pretzels (1G) & Fruit	Pizza Crackers (1G) & Juice	Goldfish Cheddar (1G) & Fruit
8	9	10	11	12
Fruity Crisps (1.25G)& Fruit	Ranch Crackers (1G) & Juice	Educational Snacks (1G) & Fruit	Cinnamon Grahams (1G) & Juice	BBQ Poptillas (1G)& Fruit
15	16	17	18	19
Goldfish Cheddar (1G) & Fruit	Cinnamon Granola (1G) & Juice	Nacho Poptillas (1G) & Fruit	Cheese Puffs (1G) & Juice	Goldfish Pretzels (1G) & Fruit
22	28	24	25	26
Cheese Stick & Wheat Crackers (1W/1G)	Kettle Corn Chickpeas (1G) & Juice	Spicy Chili Lime Rings (1.25G) & Fruit OR Goldfish Pretzels (1G) & Fruit	Pizza Crackers (1G)& Juice	Goldfish Cheddar (1G)& Fruit
29	30	1	2	3
Fruity Crisps (1.25) & Fruit	Ranch Crackers (1G) & Juice	Educational Snacks (1G)& Fruit	Cinnamon Graham (1G) & Juice	Poptillas (1G) & Fruit

#### Snack Includes:

#### RevUp Rewards:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable Fruit Rotation: Apples, Oranges, Pears, 100% Fruit Juice

\*All fruits meet 3/4 cup equivalent

\*All grains are wholegrain rich

Monday: apple Tuesday: juice or orange Wednesday: Pear Thursday: n/a or juice/orange Friday: apple

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You're Entered to Win!
Drawings Monthly
Learn More and See Prizes:
www.revolutionfoods.com/revuprewards



## SEPTEMBER SUPPER



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Labor Day!	Pepperoni Pizza (2M/2G) Turkey & Cheese Sub (2M/1G) Soy Butter Sandwich <b>(V)</b> (2M/2G)	Cheeseburger & Fries (2M/2G) Chicken Pasta Salad (2M, 1G) Mantecada Muffin & Yogurt Kit <b>(V)</b> (2M/2G)	Chicken Tamale w/ Mixed Vegetables (2M,2G) Italian Trio Sandwich (2M/2G) Veggie Chef Salad w/ Egg (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G) Chicken Salad & Cheese Cracker Kit (2M/1G) "P"B&J Sandwich Kit (V) (2M/2G)
8	9	10		12
Grilled Cheese (V) (2M/2G) Italian Trio Sandwich (2M/2G) Mantecada Muffin & Yogurt Kit (V)(2M/2G)	Chicken Dumplings w/ Peas (2M,1G) Cold Teriyaki Pasta Salad (2M/1G) "P"B&J Sandwich Kit <b>(V)</b> (2M/2G)	Hot Dog & Fries (2M,2G) Turkey & Cheese Pretzel Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pizza Dippers w/ Marinara Sauce (2MA, 2G) Chicken Salad & Cheese Cracker Kit (2M,1G) Soy Butter Sandwich (V) (2MA, 2G)	Teriyaki Chicken w/ Rice & Carrots (2M,1G) Chicken Caesar Salad w/ Croutons (2M/2G) Veggie Chef Salad w/ Egg (V) (2M/2G)
15	16	17	18	19
Beef Taco Stick(2M/2G) Turkey & Cheese Pretzel Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pepperoni Pizza (2M/2G) Turkey & Cheese Sub (2M/1G) Soy Butter Sandwich (V) (2M/2G)	Bean & Cheese Burrito (V) (2M/2G) Chicken Pasta Salad (2M, 1G) Mantecada Muffin & Yogurt Kit (V) (2M/2G)	Chicken Tamale w/ Mixed Vegetables (2M,2G) Italian Trio Sandwich (2M/2G) Veggie Chef Salad w/ Egg (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G) Chicken Salad & Cheese Cracker Kit (2M/1G) "P"B&J Sandwich Kit (V) (2M/2G)
22	28	24	25	26
Grilled Cheese (V) (2M/2G) Italian Trio Sandwich (2M/2G) Mantecada Muffin & Yogurt Kit (V)(2M/2G)	Chicken Dumplings w/ Peas (2M,1G) Cold Teriyaki Pasta Salad (2M/1G) "P"B&J Sandwich Kit <b>(V)</b> (2M/2G)	Hot Dog & Fries (2M,2G) Turkey & Cheese Pretzel Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pizza Dippers w/ Marinara Sauce (2MA, 2G) Chicken Salad & Cheese Cracker Kit (2M,1G) Soy Butter Sandwich (V) (2MA, 2G)	Teriyaki Chicken w/ Rice & Carrots (2M,1G) Chicken Caesar Salad w/ Croutons (2M/2G) Veggie Chef Salad w/ Egg (V) (2M/2G)
29	30	31	32	33
Beef Taco Stick(2M/2G) Turkey & Cheese Pretzel Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pepperoni Pizza (2M/2G) Turkey & Cheese Sub (2M/1G) Soy Butter Sandwich <b>(V)</b> (2M/2G)	Bean & Cheese Burrito (V) (2M/2G) Chicken Pasta Salad (2M, 1G) Mantecada Muffin & Yogurt Kit (V) (2M/2G)	Chicken Tamale w/ Mixed Vegetables (2M,2G) Italian Trio Sandwich (2M/2G) Veggie Chef Salad w/ Egg <b>(V)</b> (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G) Chicken Salad & Cheese Cracker Kit (2M/1G) "P"B&J Sandwich Kit (V) (2M/2G)
Supper II	ncludes:	Featured Fruit:	RevUp R	ewards:
Choice of 1% or Fat Free Milk  1/2 cup Fruit & 1/2 cup Vegetable included wi  (V) Vegetarian  *All grains are wholegrain rich	th each meal.	Apple, Peach, Pear, Plum, 100% Fruit Juice	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	