

OCTOBER BREAKFAST




Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Cinnamon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Cinnamon Chex Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Cheerios Cereal Pancake Sausage Sandwich
13	14	15	16	17
Bagel w/ Cream Cheese Cinnamon Chex Cereal Pancake Sausage Sandwich	Vanilla Concha Cheerios Cereal French Toast Sticks (V)	Yogurt Parfait w/ Granola Cinnamon Chex Cereal Mini Pancakes (V)	Blueberry Muffin Honey Bunches of Oats Cereal Egg & Cheese Burrito (V)	Cinnamon Swirl Cheerios Cereal Sausage Stuffed Waffle
20	21	22	23	24
Cinnamon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Cinnamon Chex Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Cheerios Cereal Pancake Sausage Sandwich
27	28	29	30	31
Bagel w/ Cream Cheese Cinnamon Chex Cereal Pancake Sausage Sandwich	Vanilla Concha Cheerios Cereal French Toast Sticks (V)	Yogurt Parfait w/ Granola Cinnamon Chex Cereal Mini Pancakes (V)	Blueberry Muffin Honey Bunches of Oats Cereal Egg & Cheese Burrito (V)	Cinnamon Swirl Cheerios Cereal Sausage Stuffed Waffle
Breakfast Includes:	Featured Fruit:		RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	Monday: Apple or Orange Tuesday: Juice, Apple or Pear Wednesday: Apple Slices or Apple Thursday: Banana or Orange Friday: Applesauce or Apple		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	



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Cinnamon Crumble Cinnamon Chex Cereal	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal	Mantecada Muffin Cinnamon Chex Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Cheerios Cereal
13	14	15	16	17
Bagel w/ Cream Cheese Cinnamon Chex Cereal	Vanilla Concha Cheerios Cereal French Toast Sticks (V)	Yogurt Parfait w/ Granola Cinnamon Chex Cereal	Blueberry Muffin Honey Bunches of Oats Cereal Egg & Cheese Burrito (V)	Cinnamon Swirl Cheerios Cereal
20	21	22	23	24
Cinnamon Crumble Cinnamon Chex Cereal	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal	Mantecada Muffin Cinnamon Chex Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Cheerios Cereal
27	28	29	30	31
Bagel w/ Cream Cheese Cinnamon Chex Cereal	Vanilla Concha Cheerios Cereal French Toast Sticks (V)	Yogurt Parfait w/ Granola Cinnamon Chex Cereal	Blueberry Muffin Honey Bunches of Oats Cereal Egg & Cheese Burrito (V)	Cinnamon Swirl Cheerios Cereal

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	Monday: Apple or Orange Tuesday: Juice, Apple or Pear Wednesday: Apple Slices or Apple Thursday: Banana or Orange Friday: Applesauce or Apple	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 

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*Breakfast- same day delivery

OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Hamburger & Fries Crispy Chicken Sandwich & Fries Yogurt & Mantacada Kit w/ Corn (V)	Orange Chicken w/ Rice & Peas Penne Pasta w/ Meatsauce Cheese Pizza Kit (V)	Queso Blanco Bowl w/ Pinto Beans Cheese Tamale w/ Black Beans (V) Chicken Salad & Cheese Kit & Baby Carrots	Chicken Bites w/ Mashed Potatoes Mac & Cheese w/ Diced Carrots (V) Chicken Caesar Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
13	14	15	16	17
Cheeseburger & Fries Hot Dog & Fries Yogurt & Mantacada Kit w/ Corn (V)	Chicken Dumplings w/ Rice & Edamame Chicken Tamale w/ Mixed Vegetables Cheese Pizza Kit (V)	BBQ Chicken w/ Baked Beans Bean & Cheese Burrito w/ Fava Beans (V) Chicken Salad & Cheese Kit w/ Crispy Beans	Teriyaki Chicken w/ Rice & Carrots Mac & Cheese w/ Diced Carrots (V) Asian Chicken Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Pretzel Sandwich
20	21	22	23	24
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 Veg Italian Trio Sandwich	Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido "PB&J" Kit	Turkey Nachos w/ Tortilla Chips Chicken Tikka Masala w/ Chickpeas Veggie Chef Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
27	28	29	30	31
Hamburger & Fries Crispy Chicken Sandwich & Fries Yogurt & Mantacada Kit w/ Corn (V)	Orange Chicken w/ Rice & Peas Penne Pasta w/ Meatsauce Cheese Pizza Kit (V)	Beef Taco Stick w/ Fava Beans Cheese Tamale w/ Black Beans Chicken Salad & Cheese Kit & Crispy Beans	Chicken Bites w/ Mashed Potatoes Mac & Cheese w/ Diced Carrots (V) Chicken Caesar Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich

Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp 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: Crispy Beans Wednesday: Baby Carrots Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice Seasonal: Cantaloupe & Plums	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



OCTOBER BUFFET LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Hamburger & Fries Yogurt & Mantacada Kit w/ Corn (V)	Chicken Dumplings w/ Rice & Peas Cheese Pizza Kit (V)	Queso Blanco Bowl w/ Pinto Bean Cheese Tamale w/ Black Beans (V) Chicken Salad & Cheese Crackers Kit	Mac & Cheese w/ Diced Carrots Chicken Caesar Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
13	14	15	16	17
Cheeseburger & Fries Yogurt & Mantacada Kit w/ Corn (V)	Chicken Dumplings w/ Rice & Edamame Cheese Pizza Kit (V)	BBQ Chicken w/ Baked Beans Bean & Cheese Burritos w/ Crispy Beans Chicken Salad & Cheese Crackers Kit	Chicken Teriyaki w/ Yakisoba Noodles Mac & Cheese w/ Diced Carrots Asian Chicken Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Pretzel Sandwich
20	21	22	23	24
Breakfast 4 Lunch w/ Sausage & Potatoes Yogurt & Mantacada Kit w/ Corn (V)	Chicken Tamale w/ Mixed Veg Pizza Bites w/ Marinara Sauce Italian Turkey Trio	Bean & Cheese Pupusa w/ Curtido (V) "P"B&J BYO Kit	Chicken Tikka Masala w/ Chickpeas Veggie Chef Salad (V)	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
27	28	29	30	31
Hamburger & Fries Yogurt & Mantacada Kit w/ Corn (V)	Orange Chicken w/ Rice & Carrots Cheese Pizza Kit (V)	Beef Taco Stick w/ Crispy Beans Cheese Tamale w/ Crispy Beans (V) (unitized) Chicken Salad & Cheese Kit & Crispy Beans	Mac & Cheese w/ Diced Carrots (V) Chicken Caesar Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp 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: Crispy Beans Wednesday: Baby Carrots Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice Seasonal: Cantaloupe & Plums	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	



OCTOBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Cheddar Goldfish & Fruit	Cinnamon Granola & Juice	Educational Crackers & Fruit	Giant Cinnamon Grahams & Fruit	BBQ Poptillas & Juice
13	14	15	16	17
Giant Cinnamon Grahams & Fruit	Kettle Corn Chickpeas & Juice	Spicy Chili Lime Rings & Fruit OR Goldfish Pretzels & Fruit	Pizza Crackers & Juice	Goldfish Cheddar & Fruit
20	21	22	23	24
Fruity Crisps & Fruit	Ranch Crackers & Juice	Educational Crackers & Fruit	Giant Cinnamon Crackers & Fruit	BBQ Poptillas & Juice
27	28	29	30	31
Cheddar Goldfish & Fruit	Cinnamon Granola & Juice	Nacho Poptillas & Fruit	Cheese Puffs & Fruit	Goldfish Pretzels & Juice

Snack Includes:

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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OCTOBER SUPPER



Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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 (V) (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)
13	14	15	16	17
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 (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)
20	21	22	23	24
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 (V) (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)
27	28	29	30	31
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)	Cheeseburger & Fries (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)
Supper Includes:		Featured Fruit:		RevUp Rewards:
Choice of 1% or Fat Free Milk 1/2 cup Fruit & 1/2 cup Vegetable included with each meal. (V) Vegetarian *All grains are wholegrain rich		Monday: Juice or Orange Tuesday: Apple Wednesday: Orange Thursday: Apple Slices Friday: Pear		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



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*Supper - CACFP