

NOVEMBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cinnamon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate Chip Muffin Top Cheerios Cereal Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Cheerios Cereal Egg Scramble w/ Sausage	Blueberry Yogurt Parfait w/ Granola Honey Bunches of Oats Cereal Pancake Sausage Sandwich
10	11	12	13	14
Bagel w/ Cream Cheese Honey Bunches Of Oats Pancake Sausage Sandwich	Veteran's Day	Vanilla Concha Cinnamon Chex Cereal Mini Pancakes (V)	Blueberry Muffin Honey Bunches of Oats Cereal Breakfast Burrito	Cinnamon Swirl Cinnamon Chex Cereal Sausage Stuffed Waffle
17	18	19	20	21
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 Cheerios Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Honey Bunches of Oats Cereal Pancake Sausage Sandwich
24	25	26	27	28
Blueberry Muffin Cinnamon Chex Cereal	Vanilla Concha Cheerios Cereal	Mantecada Muffin Honey Bunches of Oats Cereal	Holiday	Holiday
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	Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Tangerines	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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3	4	5	6	7
Cinnamon Crumble Cinnamon Chex Cereal	Chocolate Chip Muffin Top Cheerios Cereal Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal	Mantecada Muffin Cheerios Cereal Egg Scramble w/ Sausage	Blueberry Yogurt Parfa w/ Granola Honey Bunches of Oats Cereal
10	11	12	13	14
Bagel w/ Cream Cheese Honey Bunches of Oats Cereal	Veteran's Day	Vanilla Concha Cinnamon Chex Cereal	Blueberry Muffin Honey Bunches of Oats Cereal Breakfast Burrito	Cinnamon Swirl Cinnamon Chez Cereal
17	18	19	20	21
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 Cheerios Cereal Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola Honey Bunches of Oats Cereal
24	25	26	27	28
Blueberry Muffin Cinnamon Chex Cereal	Vanilla Concha Cheerios Cereal	Mantecada Muffin Honey Bunches of Oats Cereal	Holiday	Holiday
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	Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Tangerines	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

NOVEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheeseburger & Fries Hot Dog & Fries Yogurt & Mantacada Kit w/ Corn (V)	Penne Pasta w/ Meatsauce 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 Sub Sandwich
10	11	12	13	14
Crispy Chicken Sandwich & Fries Chicken Bites w/ Mashed Potatoes Yogurt & Mantacada Kit w/ Corn (V)	Holiday	Turkey Nachos w/ Tortilla Chips Cheese Tamale w/ Black Beans Veggie Chef Salad	Holiday Turkey Meal w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido (V) "P"B&J BYO Kit (V)	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Pretzel Sandwich
17	18	19	20	21
Cheeseburger & 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	Mac & Cheese w/ Diced Carrots (V) Pizza Bites w/ Marinara (V) Caesar Chicken Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
24	25	26	27	28
Hot Dog & Fries Hamburger & 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	Holiday	Holiday
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, Apple Slices, Applesauce, Bananas, Dried Cranberries, Oranges, Pears, Raisins, 100% Juice Seasonal: Grapes, Tangerines & Persimmons	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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*Lunch & Vegetarian- NSLP

NOVEMBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheddar Goldfish & Fruit	Kettle Corn & Juice	Spicy Chili Lime Rings & Fruit OR Goldfish Pretzels & Fruit	Pizza Crackers & Juice	Goldfish Cheddar & Fruit
10	11	12	13	14
Fruity Crisps & Fruit	Veteran's Day	Educational Crackers & Fruit	Cinnamon Crackers & Fruit & Juice	BBQ Poptillas & Juice
17	18	19	20	21
Goldfish Cheddars	Cinnamon Granola & Juice	Nacho Poptillas & Fruit	Cheese Puffs & Juice	Goldfish Pretzels & Juice
24	25	26	27	28
Fruity Crisps & Fruit	Ranch Crackers & Juice	Spicy Chili Lime Rings & Fruit OR Goldfish Pretzels & Fruit	Holiday	Holiday

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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NOVEMBER SUPPER



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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)
10	11	12	13	14
Beef Taco Stick(2M/2G) Turkey & Cheese Sub Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Holiday	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)
17	18	19	20	21
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)
24	25	26	27	28
Beef Taco Stick (2M/2G) Turkey & Cheese Sub Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pepperoni Pizza (2M/2G) Turkey & Cheese Sub Sandwich (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)	Holiday	Holiday
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 <i>*All grains are wholegrain rich</i>		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 

ALLERGY FRIENDLY



Monday	Tuesday	Wednesday	Thursday	Friday
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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
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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
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Weekly Snack Menu

Rockinola Chocolate Granola, Fruit*	Corn Tortilla Chips, Fruit*	Rockinola Cinnamon Granola, Fruit*	Rockinola Strawberry Granola, Fruit*	Corn Tortilla Chips, Fruit*
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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
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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.

<i>Lunch Includes:</i>		
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.		

Our Allergen Management Plan:

Revolution Foods takes food safety and customer safety seriously. We have an allergen management plan in place to prevent allergen cross-contamination. 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	2 ppm	Peanut Protein	1 ppm
	Whole Egg Protein	2 ppm	Walnut Protein	10 ppm
	Soy Protein	2 ppm	Sesame Protein	5 ppm

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