

# JANUARY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Vanilla Concha Cheerios French Toast Sticks	Bagel w/Cream Cheese Honey Bunches of Oats Breakfast Burrito (V)	Cinnamon Swirl Cheerios English Muffin Bfast Sandwich	Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes (V)	'Strawberry Yogurt Parfait w/Granola Cinnamon Chex Egg Scramble & Biscuit
12	13	14	15	16
Cinnamon Crumble Honey Bunches of Oats Breakfast Apple Handpie (NEW) (V)	Mantecada Muffin Cinnamon Chex Croissant Bfast Sandwich	Conchita w/ String Cheese Cheerios Mini Pancake (V)	Yogurt & Grahams Cinnamon Chex Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Pancake Sandwich
19	20	21	22	23
MLK	Bagel w/Cream Cheese Honey Bunches of Oats Breakfast Burrito (V)	Cinnamon Swirl Cheerios English Muffin Bfast Sandwich	Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes (V)	Strawberry Yogurt Parfait w/Granola Cinnamon Chex Egg Scramble & Biscuit
26	27	28	29	30
Cinnamon Crumble Honey Bunches of Oats Breakfast Apple Handpie (NEW) (V)	Mantecada Muffin Cinnamon Chex Croissant Bfast Sandwich	Conchita w/ String Cheese Cheerios Mini Pancake (V)	Smoothie & Granola Cinnamon Chex Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Pancake Sandwich
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 <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



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Vanilla Concha Cheerios	Bagel w/Cream Cheese Honey Bunches of Oats Breakfast Burrito (V)	Cinnamon Swirl Cheerios	Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes (V)	Strawberry Yogurt Parfait w/ Granola Cinnamon Chex
12	13	14	15	16
Cinnamon Crumble Honey Bunches of Oats	Mantecada Muffin Cinnamon Chex Croissant Bfast Sandich	Conchita w/ String Cheese Cheerios	Yogurt & Grahams Cinnamon Chex Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats
19	20	21	22	23
MLK	Bagel w/Cream Cheese Honey Bunches of Oats Breakfast Burrito (V)	Cinnamon Swirl Cheerios	Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes (V)	Strawberry Yogurt Parfait w/ Granola Cinnamon Chex
26	27	28	29	30
Cinnamon Crumble Honey Bunches of Oats	Mantecada Muffin Cinnamon Chex Croissant Bfast Sandich	Conchita w/ String Cheese Cheerios	Smoothie & Granola Cinnamon Chex Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats
<b>Breakfast Includes:</b>	<b>Featured Fruit:</b>		<b>RevUp Rewards:</b>	
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 <b>Seasonal Fruit:</b> Tangerines		Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



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\*Breakfast- same day delivery

# JANUARY LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Cheeseburger & Fries Veggie Burger & Fries Wowbutter Sandwich Kit/ Corn (V)	Mac & Cheese w/ Mixed Veg (V) Chicken Tamale w/ Mixed Vegetables Turkey & Cheese Sub Sandwich	Orange Chicken w/ Rice & Peas Penne Pasta w/ Meatsauce Cheese Pizza Kit (V)	Turkey Nachos w/ Tortilla Chips Bean & Cheese Burrito w/ Fava Beans Veggie Chef Salad (V)	Pepperoni Pizza Cheese Pizza (V) BYO Seedbutter Sandiwch (V)
12	13	14	15	16
Hot Dog & Fries Beef Elote Loaded Potatoes Mantecada Muffin Kit w/ Yogurt, String Cheese & Corn (V)	Chicken Alfredo Pasta w/ Broccoli Bean & Cheese Pupusa w/ Curtido (V) Turkey Trio Sandwich	Pizza Bites w/ Marinara (V) Chicken Teriyaki w/ Rice & Diced Carrots Chicken Caesar Salad	Beef Taco Stick w/ Fava Beans Cheese Tamale w/ Black Beans (V) Chicken Salad & Cheese Kit w/ Crispy Beans	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
19	20	21	22	23
MLK	Chicken Dumplings w/ Rice & Edamame Pizza Bites w. Marinara (V) Mantecada Muffin Kit w/ Yogurt, String Cheese & Baby Carrots (V)	Bean & Cheese w/ Fava Beans BBQ Chicken w/ Baked Beans Veggie Chef Salad (V)	Cheese Lasagna (V) Grilled Cheese w/ Baby Carrots (V) Chicken Salad & Cheese Kit w/ Crispy Beans	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
26	27	28	29	30
Cheeseburger & Fries Veggie Burger & Fries Wowbutter Sandwich Kit/ Corn (V)	Mac & Cheese w/ Mixed Veg (V) Chicken Tamale w/ Mixed Vegetables Turkey & Cheese Sub Sandwich	Orange Chicken w/ Rice & Peas Penne Pasta w/ Meatsauce Cheese Pizza Kit (V)	Turkey Nachos w/ Tortilla Chips Bean & Cheese Burrito w/ Fava Beans Veggie Chef Salad (V)	Pepperoni Pizza Cheese Pizza (V) BYO Seedbutter Sandiwch (V)
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	<b>Monday:</b> French Fries/ Corn <b>Tuesday:</b> Crispy Beans <b>Wednesday:</b> Baby Carrots <b>Thursday:</b> Cucumber / Celery <b>Friday:</b> Side Salad w/ Dressing	Apples, Apple Slices, Bananas, Dried Cranberries, Pears, Raisins, 100% Juice <b>Seasonal: Tangerines</b>	Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# JANUARY SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Cinnamon Grahams & Fruit	Pizza Crackers & Juice	Goldfish Pretzels & Fruit	Cheese Puffs & Fruit	Goldfish Cheddar & Fruit
12	13	14	15	16
Honey Grahams & Fruit	Ranch Crackers & Juice	Educational Crackers & Fruit	Cinnamon Grahams & Fruit	BBQ Poptillas & Fruit
19	20	21	22	23
Goldfish Cheddars & Fuit	Honey Grahams & Juice	Pizza Crackers & Fruit	Ranch Crackers & Fruit	Goldfish Pretzels & Fruit
26	27	28	29	30
Cinnamon Grahams & Fruit	Pizza Crackers & Juice	Goldfish Pretzels & Fruit	Cheese Puffs & Fruit	Goldfish Cheddars & Fruit

## 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

## RevUp Rewards:

Scan Our QR Code Daily  
Rate the Meal You Ate  
**You're Entered to Win!**  
Drawings Monthly  
Learn More and See Prizes:  
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# JANUARY SUPPER



Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Bean & Cheese Burrito (2M/2G) Mantecada Muffin & Yogurt Kit (V)(2M/2G) Yogurt, String Cheese, & Granola Kit (V)(2M/2G)	Teriyaki Chicken w/ Rice & Carrots (2M,1G) Soy Butter Sandwich (2M/2G) Italian Trio Sandwich (2M/2G)	Cheeseburger w/ Fries (2M,2G, 1/2c veg) Cheese Pizza Kit (V) (2M/2G) Chicken Pasta Salad (2M/1G)	Chicken Tamale w/ Mixed Vegetables (2M,2G, 1/2c veg) Veggie Chef Salad w/ Egg (V) (2M/2G) Turkey & Cheese Sub Sandwich (2M/1G)	Pizza Bites w/ Marinara (2M,2G) Yogurt Parfait w/ Granola (1M/1G) Veggie Chef Salad w/ Egg (V) (2M/2G)
12	13	14	15	16
Grilled Cheese (V) (2M/2G) "P"B&J Sandwich Kit (V) (2M/2G) Muffin, Seeds, & String Cheese Kit (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G) Mantecada Muffin & Yogurt Kit (V)(2M/2G) Cold Teriyaki Pasta Salad (2M/1G)	Bean & Cheese Burrito (2M/2G) Cheese Pizza Kit (V) (2M/2G) Yogurt, String Cheese, & Granola Kit (V)(2M/2G)	Hot Dog w/ Fries (2M,2G, 1//2c veg) Chicken Caesar Salad (V) (2M/2G) Cheese Pizza Kit (V) (2M/2G)	Cheese Lasagna (2M/1G, 1/2 c veg) Chicken Salad & Cheese Cracker Kit (2M/1G) Sunflower Seed & String Cheese Kit (V) (2M/2G)
19	20	21	22	23
MLK	Chicken Teriyaki w/ Rice & Diced Carrots (2M,2G) Soy Butter Sandwich (V) (2MA, 2G) Italian Trio Sandwich (2M/2G)	Cheeseburger w/ Fries (2M,2G, 1/2c veg) Cheese Pizza Kit (V) (2M/2G) Chicken Pasta Salad (2M/1G)	Chicken Tamale w/ Mixed Vegetables (2M,2G, 1/2c veg) Veggie Chef Salad w/ Egg (V) (2M/2G) Turkey & Cheese Sub Sandwich (2M/1G)	Pizza Bites w/ Marinara (2M,2G) Yogurt Parfait w/ Granola (1M/1G) Cold Teriyaki Pasta Salad (2M/1G)
26	27	28	29	30
Grilled Cheese (V) (2M/2G) "P"B&J Sandwich Kit (V) (2M/2G) Muffin, Seeds, & String Cheese Kit (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G) Mantecada Muffin & Yogurt Kit (V)(2M/2G) Cold Teriyaki Pasta Salad (2M/1G)	Pepperoni Pizza (2M/2G) Cheese Pizza Kit (V) (2M/2G) Yogurt, String Cheese, & Granola Kit (V)(2M/2G)	Hot Dog w/ Fries (2M,2G, 1//2c veg) Chicken Caesar Salad (V) (2M/2G) Cheese Pizza Kit (V) (2M/2G)	Cheese Lasagna (2M/1G, 1/2c veg) Chicken Salad & Cheese Cracker Kit (2M/1G) Sunflower Seed & String Cheese 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 <i>*All grains are wholegrain rich</i>		<b>Monday:</b> Juice or Apple <b>Tuesday:</b> Apple or Pear <b>Wednesday:</b> Orange <b>Thursday:</b> Apple Slices <b>Friday:</b> Apple or Raisins		Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>



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\*Supper - CACFP

# 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.
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<b><i>Lunch Includes:</i></b>		
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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