

OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cheese Tamale w/ Black Beans Bean & Cheese Pupusa w/ Pinto Beans Southwest Chicken Salad w/ WG Dinner Roll Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Bean & Cheese Burrito Wowbutter (Soybutter) & Jelly Sandwich
5	6	7	8	9
Soy veggie burger w/ Potato wedges Chicken Bites w/ Mashed Potatoes & Pretzels P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Lasagna w/ Marinara & wheat Crackers Beef & Cheese Taco Stick w/ Baby Carrots Yogurt w/ String Cheese, Granola & Baby Carrots	Bean & Cheese Pupusa w/ Curtido Salad Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels Chicken Alfredo Pasta w/ Seasoned Beans	Chicken Tamale w/ Pinto Beans Grilled Cheese Sandwich w/ Roasted Fava Beans Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Crispy Chicken Sandwich Wowbutter (Soybutter) & Jelly Sandwich
12	13	14	15	16
Bean & Cheese Burrito w/ Corn Tajin Orange Chicken with Brown Rice, Peas & Goldfish Grahams Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn Wowbutter & Jelly Sandwich w/ Corn	Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars Parm Pizza Bites w/ Marinara Dipping Sauce Seedbutter w/ String Cheese, Wheat Crackers, & Baby Carrots	Sesame Beef Bowl w/ Broccoli Mac & Cheese w/ Mixed Vegetables & Dinner Roll Chicken Dumplings w/ Mixed Veggies P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Bean & Cheese Pupusa w/ Pinto Beans BBQ Chicken w/ Baked Beans & Dinner Roll Egg Salad Sandwich w/ Churro Fava Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Bean & Cheese Burrito Chicken Caesar Salad with Dinner Roll & Croutons
19	20	21	22	23
Cheeseburger w/ Oven Baked Fries Bean Burrito Bowl w/ Rice & Corn Beef & Cheese Taco Stick w/ Corn Tajin Turkey & Cheese Sub Sandwich w/ Tajin Corn	Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots Cheese Pizza Kit P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Grilled Cheese Sandwich w/ Baby Carrots Parm Pizza Bites w/ Marinara Dipping Sauce Firecracker Chicken Dumplings & Not	Turkey Nachos w/ Refried Beans & Tortilla Chips Cheese Tamale w/ Black Beans Southwest Chicken Salad w/ WG Dinner Roll	Cheese Pizza Pepperoni Pizza Beef, Bean & Cheese Burrito Turkey & Cheese Sub Sandwich
26	27	28	29	30
Soy veggie burger w/ Potato wedges Chicken Bites w/ Mashed Potatoes & Pretzels P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Lasagna w/ Marinara & wheat Crackers Beef & Cheese Taco Stick w/ Baby Carrots Yogurt w/ String Cheese, Granola & Baby Carrots	Bean & Cheese Pupusa w/ Curtido Salad Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels Chicken Alfredo Pasta w/ Seasoned Beans	Chicken Tamale w/ Pinto Beans Grilled Cheese Sandwich w/ Roasted Fava Beans Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Crispy Chicken Sandwich Wowbutter (Soybutter) & Jelly Sandwich
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% Low Fat White or Fat Free White Milk 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	Thursday:Jicama Slices (1/2 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Monday:Baby Carrots (1/2 C) Tuesday:Celery Sticks (1/2 C) Wednesday:Cucumber Slices (1/2 C) w/ Tajin	Nectarine (1/2 C),Apple (1/2 C),Peach (1/2 C),Pear (1/2 C),100% Fruit Juice 4 oz,Plum (1/2 C),Banana (1/2 C),Apple Slices (1/2 C),,Persimmon (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	



OCTOBER BREAKFAST



Monday		Tuesday		Wednesday		Thursday		Friday	
					1		2		
						Croissant w/ Grape Jelly Cinnamon Chex Cereal w/ Honey Grahams Oatmeal w/ Blueberries		Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Maple Pancakes	
5		6		7		8		9	
Cinnamon Crumble Cheerios Cereal w/ Honey Grahams Waffle		Bagel w/ Seedbutter Cocoa Orbits Bites (Chocolate Puffed Cereal) Beef Sausage & Cheese Croissant Sandwich		Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams French Toast Sticks		Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal) Oatmeal w/ Blueberries		Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes	
12		13		14		15		16	
Bagel w/ Cream Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie		Conchita w/ String Cheese Cinnamon Chex Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito		Banana Muffin Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Strawberry Pancakes		Berry Apple Zee Zee Bar Cheerios Cereal w/ Honey Grahams Beef Sausage & Cheese English Muffin Sandwich		Strawberry Yogurt Parfait w/ Cinnamon Granola CinniPuffs (Maple Cinnamon Puffed Cereal) Waffle	
19		20		21		22		23	
Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams French Toast Sticks		Yogurt w/ String Cheese CinniPuffs (Maple Cinnamon Puffed Cereal) Mini Maple Pancakes		Fruit & Yogurt Smoothie w/ Granola Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito		Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Sausage & Cheese Stuffed Waffle		Blueberry Muffin Cheerios Cereal w/ Honey Grahams Mini Strawberry Pancakes	
26		27		28		29		30	
Cinnamon Crumble Cheerios Cereal w/ Honey Grahams Waffle		Bagel w/ Seedbutter Cocoa Orbits Bites (Chocolate Puffed Cereal) Beef Sausage & Cheese Croissant Sandwich		Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams French Toast Sticks		Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal) Oatmeal w/ Blueberries		Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes	
Breakfast Includes:		Featured Fruit:				RevUp Rewards:			
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich		Banana (1/2 C), Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (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			
									

