# OCTOBER LUNCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | **1**<br>Cheese Tamale w/ Black Beans<br>Bean & Cheese Pupusa w/ Pinto Beans<br>Southwest Chicken Salad w/ WG Dinner Roll<br>Turkey & Cheese Sandwich w/ Roasted Fava Beans | **2**<br>Cheese Pizza<br>Pepperoni Pizza<br>Bean & Cheese Burrito<br>Wowbutter (Soybutter) & Jelly Sandwich |
| **5**<br>Soy Veggie Burger w/ Potato Wedges<br>Chicken Bites w/ Mashed Potatoes & Pretzels<br>P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn<br>Turkey & Cheese Sandwich on Pretzel | **6**<br>Cheese Lasagna w/ Marinara & Wheat Crackers<br>Beef & Cheese Taco Stick w/ Baby Carrots<br>Yogurt w/ String Cheese, Granola & Baby Carrots | **7**<br>Bean & Cheese Pupusa w/ Curtido Salad<br>Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels<br>Chicken Alfredo Pasta w/ Seasoned Peas | **8**<br>Chicken Tamale w/ Pinto Beans<br>Grilled Cheese Sandwich w/ Roasted Fava Beans<br>Veggie Chef Salad w/ Egg, Dinner Roll & Ranch<br>Turkey & Cheese Sandwich w/ Roasted | **9**<br>Cheese Pizza<br>Pepperoni Pizza<br>Crispy Chicken Sandwich<br>Wowbutter (Soybutter) & Jelly Sandwich |
| **12**<br>Bean & Cheese Burrito w/ Corn Tajin<br>Orange Chicken with Brown Rice, Peas & Goldfish Grahams<br>Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn<br>Wowbutter & Jelly Sandwich w/ Corn | **13**<br>Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars<br>Parm Pizza Bites w/ Marinara Dipping Sauce<br>Seedbutter w/ String Cheese, Wheat Crackers, & Baby Carrots | **14**<br>Sesame Beef Bowl w/ Broccoli<br>Mac & Cheese w/ Mixed Vegetables & Dinner Roll<br>Chicken Dumplings w/ Mixed Veggies<br>P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots | **15**<br>Bean & Cheese Pupusa w/ Pinto Beans<br>BBQ Chicken w/ Baked Beans & Dinner Roll<br>Egg Salad Sandwich w/Churro Fava Beans<br>Turkey & Cheese Sandwich w/ Roasted | **16**<br>Cheese Pizza<br>Pepperoni Pizza<br>Bean & Cheese Burrito<br>Chicken Caesar Salad with Dinner Roll & Croutons |
| **19**<br>Cheeseburger w/ Oven Baked Fries<br>Bean Burrito Bowl w/ Rice & Corn<br>Beef & Cheese Taco Stick w/ Corn Tajin<br>Turkey & Cheese Sub Sandwich w/ Tajin Corn | **20**<br>Penne & Meat Sauce<br>Bean & Cheese Burrito w/ Baby Carrots<br>Cheese Pizza Kit<br>P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots | **21**<br>Grilled Cheese Sandwich w/ Baby Carrots<br>Parm Pizza Bites w/ Marinara Dipping Sauce<br>Firecracker Chicken Dumplings & Not | **22**<br>Turkey Nachos w/ Refried Beans & Tortilla Chips<br>Cheese Tamale w/ Black Beans<br>Southwest Chicken Salad w/ WG Dinner Roll | **23**<br>Cheese Pizza<br>Pepperoni Pizza<br>Beef, Bean & Cheese Burrito<br>Turkey & Cheese Sub Sandwich |
| **26**<br>Soy Veggie Burger w/ Potato Wedges<br>Chicken Bites w/ Mashed Potatoes & Pretzels<br>P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn<br>Turkey & Cheese Sandwich on Pretzel | **27**<br>Cheese Lasagna w/ Marinara & Wheat Crackers<br>Beef & Cheese Taco Stick w/ Baby Carrots<br>Yogurt w/ String Cheese, Granola & Baby Carrots | **28**<br>Bean & Cheese Pupusa w/ Curtido Salad<br>Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels<br>Chicken Alfredo Pasta w/ Seasoned Peas | **29**<br>Chicken Tamale w/ Pinto Beans<br>Grilled Cheese Sandwich w/ Roasted Fava Beans<br>Veggie Chef Salad w/ Egg, Dinner Roll & Ranch<br>Turkey & Cheese Sandwich w/ Roasted | **30**<br>Cheese Pizza<br>Pepperoni Pizza<br>Crispy Chicken Sandwich<br>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<br>Fruit & Vegetable of the Day<br>Vegetarian<br>*May include an extra 1/2 cup veg for compliance<br>*All Grains Are Whole Grain Rich | Thursday:Jicama Slices (1/2 C)<br>Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C)<br>Monday:Baby Carrots (1/2 C)<br>Tuesday:Celery Sticks (1/2 C)<br>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<br>Complete the Survey<br>**You're Entered to Win!**<br>Drawings Monthly<br>Learn More and See Prizes:<br>www.revolutionfoods.com/revuprewards |

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NORCAL Lunch NSLP 9-12

# OCTOBER BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1 | 2 |
| | | | Croissant w/ Grape Jelly<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Oatmeal w/ Blueberries | Yogurt w/ Honey Grahams<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Mini Maple Pancakes |
| 5 | 6 | 7 | 8 | 9 |
| Cinnamon Crumble<br>Cheerios Cereal w/ Honey Grahams<br>Waffle | Bagel w/ Seedbutter<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Beef Sausage & Cheese Croissant Sandwich | Croissant w/ Grape Jelly<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>French Toast Sticks | Chocolate Chip Muffin Top<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Oatmeal w/ Blueberries | Yogurt w/ Honey Grahams<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Mini Maple Pancakes |
| 12 | 13 | 14 | 15 | 16 |
| Bagel w/ Cream Cheese<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>Apple Hand Pie | Conchita w/ String Cheese<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Egg, Cheese & Green Salsa Breakfast Burrito | Banana Muffin<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Mini Strawberry Pancakes | Berry Apple Zee Zee Bar<br>Cheerios Cereal w/ Honey Grahams<br>Beef Sausage & Cheese English Muffin Sandwich | Strawberry Yogurt Parfait w/ Cinnamon Granola<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Waffle |
| 19 | 20 | 21 | 22 | 23 |
| Cinnamon Roll<br>Cinnamon Chex Cereal w/ Honey Grahams<br>French Toast Sticks | Yogurt w/ String Cheese<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Mini Maple Pancakes | Fruit & Yogurt Smoothie w/ Granola<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>Egg, Cheese & Green Salsa Breakfast Burrito | Yogurt w/ Honey Grahams<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Sausage & Cheese Stuffed Waffle | Blueberry Muffin<br>Cheerios Cereal w/ Honey Grahams<br>Mini Strawberry Pancakes |
| 26 | 27 | 28 | 29 | 30 |
| Cinnamon Crumble<br>Cheerios Cereal w/ Honey Grahams<br>Waffle | Bagel w/ Seedbutter<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Beef Sausage & Cheese Croissant Sandwich | Croissant w/ Grape Jelly<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>French Toast Sticks | Chocolate Chip Muffin Top<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Oatmeal w/ Blueberries | Yogurt w/ Honey Grahams<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Mini Maple Pancakes |

| ***Breakfast Includes:*** | ***Featured Fruit:*** | ***RevUp Rewards:*** |
|---|---|---|
| Choice of 1% Low Fat White or Fat Free White Milk<br>Fruit of the Day<br>Vegetarian<br>*Cereal Served w/ Honey Grahams<br>*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<br>Complete the Survey<br>**You're Entered to Win!**<br>Drawings Monthly<br>Learn More and See Prizes:<br>www.revolutionfoods.com/revuprewards |

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