

October BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
NO SCHOOL	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	



October LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
NO SCHOOL	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 *Allgrainsarewholegrainrich	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	

