

SEPTEMBER

BREAKFAST

HOT/COLD for GRADES 6-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <ul style="list-style-type: none"> • cheerios/ string cheese/ fruit • zee zee cinnamon crisp bar/ fruit 	4 <ul style="list-style-type: none"> • HOT cheddar cheese & omelet gordita / fruit • blueberry bagel w/ cream cheese/ fruit • yogurt/ cinnamon grahams/ fruit 	5 <ul style="list-style-type: none"> • HOT pancakes / syrup/ fruit • banana muffin/ fruit • zee zee berry apple crisp bar/ fruit 	6 <ul style="list-style-type: none"> • HOT egg & sausage quesadilla/ fruit • granola bowl/ fruit • plain bagel w/ cream cheese/ fruit • orange juice available
9 <ul style="list-style-type: none"> • yogurt/ honey grahams/ fruit • dipper doodle bar/ fruit 	10 <ul style="list-style-type: none"> • HOT french toast sticks/fruit • blueberry bagel w/ cream cheese/ fruit • cheerios/ animal crackers fruit 	11 <ul style="list-style-type: none"> • HOT classic egg & cheese brekwich/ fruit • autumn spice muffin/ fruit • string cheese/ cinnamon grahams/ fruit • orange juice available 	12 <ul style="list-style-type: none"> • HOT pancake bowl peach • plain bagel w/ cream cheese/ fruit • corn chex/ giant cinnamon goldfish grahams/ fruit 	13 <ul style="list-style-type: none"> • HOT pepper jack cheese & omelet gordita/ fruit • yogurt/ educational snacks/ fruit • zac omega blackberry bar/ fruit
16 <ul style="list-style-type: none"> • cinnamon chex 2oz/ fruit • yogurt/ honey grahams/ fruit • orange juice available 	17 <ul style="list-style-type: none"> • HOT mini cheese omelet / french toast stick/ fruit • lemon muffin/ fruit • zee zee cinnamon crisp bar/ fruit 	18 <ul style="list-style-type: none"> • HOT southwest chicken chorizo & cheese brekwich/ fruit • blueberry bagel / cream cheese/ fruit • yogurt/ educational snacks/ fruit 	19 <ul style="list-style-type: none"> • HOT turkey, cheddar & omelet gordita/ fruit • multigrain cheerios/ giant goldfish grahams/ fruit 	20 <ul style="list-style-type: none"> • HOT rise & shine breakfast burrito (egg & cheese)/ fruit • granola bowl/ fruit • plain bagel w/ cream cheese/ fruit • orange juice available
23 <ul style="list-style-type: none"> • dipper doodle/ fruit • yogurt/ educational snacks/ fruit 	24 <ul style="list-style-type: none"> • HOT sausage & cheddar biscuit/ fruit • banana muffin/ fruit • blueberry bagel / cream cheese/ fruit 	25 <ul style="list-style-type: none"> • HOT pancakes/ syrup/ fruit • yogurt/ honey grahams/ fruit • cinnamon crumble/ fruit • orange juice available 	26 <ul style="list-style-type: none"> • HOT cornbread & egg omelet/ fruit • plain bagel w/ cream cheese/ fruit • blueberry muffin/ fruit 	27 <ul style="list-style-type: none"> • HOT turkey, egg & cheese brekwich/ fruit • cinnamon chex/ fruit • zee zee berry apple bar/ fruit
30 <ul style="list-style-type: none"> • cheerios/ animal crackers/ fruit • zee zee cinnamon crisp / fruit • orange juice available 				

Did you know?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

revolution foods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

BREAKFAST: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered.

STUDENT FAVORITE ★

SEPTEMBER

LUNCH

HOT/COLD for GRADES 6-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <ul style="list-style-type: none"> hot dog (df) chicken bites philly cheesesteak calzoni (vg) sunbutter & jelly sandwich (vg) seasoned green beans 	4 <ul style="list-style-type: none"> bbq chicken plate creamy pasta alfredo (vg) buffalo chicken wrap turkey & cheddar sandwich kidney beans, edamame, carrot, corn 	5 <ul style="list-style-type: none"> crispy chicken sandwich (df) cheese enchiladas (vg) honey mustard chicken wrap chicken caesar salad chopped lettuce & sliced tomatoes w/ ranch 	6 <ul style="list-style-type: none"> pepperoni pizza cheese pizza (vg) southwest veggie wrap (vg) chicken salad sandwich (df) seasoned carrot, corn & peas
9 <ul style="list-style-type: none"> baked mac & cheese w/ chicken bites sunbutter & jelly sandwich (vg) turkey & cheddar sandwich three bean salad / grape tomatoes 	10 <ul style="list-style-type: none"> spaghetti & marinara w/ mozzarella (vg) kickin chicken melt sandwich bbq chicken wrap hummus dippers (vg) baby carrots 	11 <ul style="list-style-type: none"> hot meatball sub breakfast for lunch: pancakes w/ sausage sesame chicken wrap (df) cheddar cheese sandwich (vg) corn & tomato salad 	12 <ul style="list-style-type: none"> uncle ted's bbq chicken drumstick w/ cheesy rice bean & cheese pupusa (vg) chicken pesto pasta salad buffalo chicken wrap coleslaw 	13 <ul style="list-style-type: none"> veggie pizza (vg) cheeseburger garden ranch salad w/ chicken chicken salad sandwich (df) broccoli w/ ranch
16 <ul style="list-style-type: none"> hot dog (df) orange grilled chicken (df) cheddar cheese sandwich (vg) sunbutter & jelly sandwich (vg) baby carrots 	17 <ul style="list-style-type: none"> bbq beef slider chicken caesar wrap southwest veggie wrap (vg) chili citrus black beans & corn 	18 <ul style="list-style-type: none"> pasta w/ zesty beef fiesta scoops w/ three layer dip (vg) turkey & cheddar sandwich bbq chicken wrap lemon pepper green beans 	19 <ul style="list-style-type: none"> chicken bites sweet garlic noodles w/ chicken veggie chef salad (vg) chicken salad sandwich side salad/ ranch 	20 <ul style="list-style-type: none"> cheese pizza (vg) pepper jack cheeseburger honey mustard salad w/ chicken santa fe chile chicken wrap steamed corn
23 <ul style="list-style-type: none"> baked mac & cheese w/ chicken sausage crispy chicken sandwich (df) sunbutter & jelly sandwich (vg) mighty meaty deli combo baby carrots 	24 <ul style="list-style-type: none"> classic spaghetti & meatballs (df) cheesy pizza bite (vg) southwest veggie wrap (vg) chicken salad sandwich (df) broccoli w/ ranch 	25 <ul style="list-style-type: none"> hot dog (df) heartly veggie chili (vg) buffalo chicken wrap cheddar cheese sandwich (vg) chili citrus corn 	26 <ul style="list-style-type: none"> penne pasta w/ meat sauce (df) bbq beef flatbread melt veggie chef salad (vg) honey mustard chicken wrap kidney beans, edamame, carrot, corn 	27 <ul style="list-style-type: none"> pepperoni pizza cheese pizza (vg) breakfast for lunch: pancakes w/ omelet (vg) chicken pesto pasta turkey & cheddar sandwich sliced cucumber
30 <ul style="list-style-type: none"> chicken bites philly cheesesteak sandwich sunbutter & jelly sandwich (vg) mighty meaty deli combo sandwich green peas 				

Did you know?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:
Designed with Kids | Created by Chefs | Nutritionally Balanced | Made with High-Quality Ingredients
 Learn more about us on our website at www.revolutionfoods.com

SEPTEMBER

SNACK

HOT/COLD for GRADES 6-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	• ranch rumbles/ juice 3	• animal crackers/ fruit 4	• educational snacks/ juice 5	• honey grahams/ fruit 6
• giant cinnamon goldfish grahams/ fruit 9	• goldfish colors/ juice 10	• pizza crackers/ fruit 11	• rf honey wheat crackers/ juice 12	• goldfish cheese crackers/ string cheese 13
• animal crackers fruit 16	• giant cinnamon goldfish grahams/ juice 17	• rf honey wheat / string cheese 18	• goldfish pretzels/ juice 19	• string cheese/ fruit 20
• pizza crackers/ fruit 23	• goldfish cheddar/ juice 24	• string cheese/ fruit 25	• animal crackers/ juice 26	• giant cinnamon goldfish grahams/ fruit 27
• yogurt/ fruit 30				

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SNACK: fresh fruit available daily except when Sunbutter, string cheese or juice is served.

STUDENT FAVORITE ★

OCTOBER

BREAKFAST

HOT/COLD for GRADES 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <ul style="list-style-type: none"> HOT classic chicken sausage & cheddar brekwich/ fruit lemon muffin/ fruit zee zee cinnamon crisp bar/ fruit 	<p>2</p> <ul style="list-style-type: none"> HOT cheddar cheese & omelet gordita/ fruit blueberry bagel w/ cream cheese/ fruit yogurt/ cinnamon grahams/ fruit 	<p>3</p> <ul style="list-style-type: none"> HOT pancakes w/ syrup/ fruit banana muffin/ fruit zee zee berry apple crisp bar/ fruit 	<p>4</p> <ul style="list-style-type: none"> granola bowl/ fruit plain bagel w/ cream cheese/ fruit orange juice available
<p>7</p> <ul style="list-style-type: none"> yogurt/ honey grahams/ fruit dipper doodle bar/ fruit 	<p>8</p> <ul style="list-style-type: none"> HOT mini cheese omelet w/ french toast stick/ fruit blueberry bagel w/ cream cheese/ fruit cheerios w/ string cheese/ fruit 	<p>9</p> <ul style="list-style-type: none"> HOT cornbread & egg omelet/ fruit autumn spice muffin/ fruit string cheese/ cinnamon grahams/ fruit orange juice available 	<p>10</p> <ul style="list-style-type: none"> HOT pancake bowl peach plain bagel w/ cream cheese/ fruit corn chex/ giant cinnamon goldfish grahams/ fruit 	<p>11</p> <ul style="list-style-type: none"> HOT pepper jack cheese & omelet gordita/ fruit yogurt/ educational snacks/ fruit zac omega bar blackberry/ fruit
<p>14</p>	<p>15</p> <ul style="list-style-type: none"> granola bowl/ fruit zee zee cinnamon crisp bar/ fruit 	<p>16</p> <ul style="list-style-type: none"> HOT french toast stick/ fruit blueberry bagel w/ cream cheese/ fruit yogurt/ educational snacks/ fruit 	<p>17</p> <ul style="list-style-type: none"> HOT turkey, cheddar cheese & omelet gordita/ fruit multigrain cheerios/ giant goldfish cinnamon grahams/ fruit dipper doodle bar/ fruit 	<p>18</p> <ul style="list-style-type: none"> HOT rise & shine breakfast burrito/ fruit banana muffin/ fruit plain bagel w/ cream cheese/ fruit orange juice available
<p>21</p> <ul style="list-style-type: none"> dipper doodle bar/ fruit yogurt/ educational snacks/ fruit 	<p>22</p> <ul style="list-style-type: none"> HOT sausage & cheddar biscuit/ fruit lemon muffin/ fruit blueberry bagel w/ cream cheese/ fruit 	<p>23</p> <ul style="list-style-type: none"> HOT pancakes w/ syrup/ fruit yogurt/ honey grahams/ fruit cinnamon crumble/ fruit orange juice available 	<p>24</p> <ul style="list-style-type: none"> HOT cornbread & egg omelet/ fruit plain bagel w/ cream cheese/ fruit blueberry muffin/ fruit 	<p>25</p> <ul style="list-style-type: none"> HOT turkey, egg & cheese brekwich/ fruit cinnamon chex/ fruit zee zee berry apple crisp bar/ fruit
<p>28</p> <ul style="list-style-type: none"> cheerios/ string cheese/ fruit zee zee cinnamon crisp bar/ fruit orange juice available 	<p>29</p> <ul style="list-style-type: none"> HOT breakfast enchilada scramble w/ scoops/ fruit yogurt/ honey grahams/ fruit plain bagel w/ cream cheese/ fruit 	<p>30</p> <ul style="list-style-type: none"> Hot pepper jack cheese & omelet gordita/ fruit granola bowl/ fruit autumn spice muffin/ fruit 	<p>31</p> <ul style="list-style-type: none"> yogurt/ educational snacks/ fruit blueberry bagel w/ cream cheese/ fruit 	

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OCTOBER

LUNCH

HOT/COLD for GRADES 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> hot dog (df) penne pasta w/ meat sauce (df) honey mustard chicken wrap coleslaw 	2 <ul style="list-style-type: none"> bbq chicken plate flamed broiled beef cheeseburger turkey & cheddar sandwich garbanzo, edamame & shredded carrots 	3 <ul style="list-style-type: none"> hot meatball sub creamy pasta alfredo (vg) chicken caesar salad chopped lettuce & sliced tomatoes w/ ranch 	4 <ul style="list-style-type: none"> pepperoni pizza crispy chicken sandwich (df) chicken salad sandwich (df) chili citrus corn
7 <ul style="list-style-type: none"> baked mac & cheese w/ chicken bites turkey & cheddar sandwich three bean salad/ grape tomatoes 	8 <ul style="list-style-type: none"> spaghetti marinara w/ mozzarella (vg) kickin chicken melt sandwich bbq chicken wrap baby carrots 	9 <ul style="list-style-type: none"> pasta w/ zesty beef breakfast for lunch: pancakes w/ omelet (vg) sesame chicken wrap (df) corn & tomato salad 	10 <ul style="list-style-type: none"> cheesy ravioli (vg) hot dog (df) chicken pesto pasta salad coleslaw 	11 <ul style="list-style-type: none"> cheese pizza (vg) pepperoni pizza garden ranch salad w/ chicken broccoli w/ ranch
14	15 <ul style="list-style-type: none"> bbq beef slider hot dog (df) buffalo chicken wrap black beans, edamame, corn carrots 	16 <ul style="list-style-type: none"> chicken bites chicken salsa scoops turkey & cheddar sandwich lemon pepper green beans 	17 <ul style="list-style-type: none"> flamed broiled beef cheeseburger chicken potstickers w/ not so fried rice veggie chef salad (vg) side salad w/ ranch 	18 <ul style="list-style-type: none"> cheese pizza (vg) hot meatball sub honey mustard salad w/ grilled chicken seasoned carrots, corn & peas
21 <ul style="list-style-type: none"> baked mac & cheese w/ chicken sausage crispy chicken sandwich (df) baby carrots 	22 <ul style="list-style-type: none"> classic spaghetti & meatballs (df) cheesy pizza bite meal (vg) broccoli w/ ranch 	23 <ul style="list-style-type: none"> hot dog (df) veggie chili (vg) buffalo chicken wrap lemon pepper corn 	24 <ul style="list-style-type: none"> classic chicken parm pasta flamed broiled beef cheeseburger veggie chef salad (vg) kidney beans, edamame, carrots, corn 	25 <ul style="list-style-type: none"> pepperoni pizza cheese pizza (vg) chicken pesto pasta salad sliced cucumber
28 <ul style="list-style-type: none"> chicken bites philly cheesesteak sandwich mighty meaty deli combo sandwich green peas 	29 <ul style="list-style-type: none"> uncle ted's bbq drumstick w/ cheesy rice cheesy ravioli (vg) chicken caesar wrap coleslaw 	30 <ul style="list-style-type: none"> mini chicken corn dog cheese enchiladas (vg) chicken pesto pasta salad chili citrus black beans & corn 	31 <ul style="list-style-type: none"> flamed broiled beef burger (df) creamy pasta alfredo (vg) chicken salad sandwich (df) chopped lettuce & sliced tomatoes w/ ranch 	

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Choice of 1% or fat-free milk; fresh fruit available daily.

DAIRY-FREE (DF) VEGETARIAN (V) options available daily - if not listed on the menu, available upon request.

VEGETABLE OF THE DAY

OCTOBER

SNACK

HOT/COLD for GRADES 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> ranch rumbles / juice 1 	<ul style="list-style-type: none"> goldfish colors/ string cheese 2 	<ul style="list-style-type: none"> educational snacks/ juice 3 	<ul style="list-style-type: none"> cinnamon rumbles/ fruit 4
<ul style="list-style-type: none"> giant cinnamon goldfish grahams/ fruit 7 	<ul style="list-style-type: none"> goldfish colors/ juice 8 	<ul style="list-style-type: none"> pizza crackers/ fruit 9 	<ul style="list-style-type: none"> rf honey wheat crackers/ juice 10 	<ul style="list-style-type: none"> goldfish cheese crackers/ string cheese 11
14	<ul style="list-style-type: none"> giant cinnamon grahams/ juice 15 	<ul style="list-style-type: none"> rf honey wheat crackers/ string cheese 16 	<ul style="list-style-type: none"> goldfish pretzels/ juice 17 	<ul style="list-style-type: none"> string cheese/ fruit 18
<ul style="list-style-type: none"> pizza crackers/ fruit 21 	<ul style="list-style-type: none"> goldfish cheese crackers/ juice 22 	<ul style="list-style-type: none"> string cheese/ fruit 23 	<ul style="list-style-type: none"> honey grahams/ juice 24 	<ul style="list-style-type: none"> giant cinnamon grahams/ fruit 25
<ul style="list-style-type: none"> sunflower seeds/ fruit 28 	<ul style="list-style-type: none"> rf honey wheat crackers/ juice 29 	<ul style="list-style-type: none"> educational snacks/ fruit 30 	<ul style="list-style-type: none"> goldfish colors/ juice 31 	

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