

NOVEMBER

BREAKFAST

Upper School HOT & COLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<ul style="list-style-type: none"> HOT pancake w/ syrup plain bagel w/ cream cheese granola bowl orange juice available 1
<ul style="list-style-type: none"> yogurt and honey grahams dipper doodle bar pineapple juice optional 4	<ul style="list-style-type: none"> HOT mini cheese omelet w/ french toast stick blueberry bust bagel w/ cream cheese multigrain cheerios w/ string cheese 5	<ul style="list-style-type: none"> NEW waffle w/ syrup french toast muffin yogurt and honey grahams orange juice optional 6	<ul style="list-style-type: none"> HOT chicken chorizo and cheese bagel plain bagel w/ cream cheese mini dipperdoodle bar w/ string cheese 7	<ul style="list-style-type: none"> HOT pepper jack cheese and omelet gordita blueberry muffin zac omega blackberry bar pineapple juice optional 8
NO SCHOOL	<ul style="list-style-type: none"> HOT cornbread and egg omelet multigrain cheerios/mini dipperdoodle bar zee zee cinnamon crisp bar 12	<ul style="list-style-type: none"> HOT french toast sticks blueberry burst bagel w/ cream cheese yogurt and educational snacks pineapple juice optional 13	<ul style="list-style-type: none"> HOT turkey, cheddar cheese, and omelet gordita granola bowl zee zee berry apple crisp bar 14	<ul style="list-style-type: none"> HOT rise & shine breakfast burrito blueberry muffin plain bagel w/ cream cheese orange juice optional 15
<ul style="list-style-type: none"> mini dipperdoodle and string cheese yogurt and educational snacks pineapple juice optional 18	<ul style="list-style-type: none"> HOT sausage and cheddar biscuit banana muffin blueberry burst bagel w/ cream cheese 19	<ul style="list-style-type: none"> HOT pancakes w/ syrup yogurt and honey grahams cinnamon crumble orange juice optional 20	<ul style="list-style-type: none"> HOT cornbread & egg omelet plain bagel w/ cream cheese blueberry muffin 21	<ul style="list-style-type: none"> HOT turkey, egg, and cheese brekwich multigrain cheerios w/ string cheese zee zees berry apple crisp bar pineapple juice optional 22
<ul style="list-style-type: none"> cheerios/string cheese zee zee cinnamon crisp bar orange juice optional 25	<ul style="list-style-type: none"> HOT chicken sausage and cheddar bagel yogurt and honey grahams plain bagel w/ cream cheese 26	NO SCHOOL	NO SCHOOL	NO SCHOOL

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!

revolutionfoods.

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.

NOVEMBER

LUNCH

Upper School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<ul style="list-style-type: none"> pepperoni pizza creamy chicken biscuit veggie chef salad (vg) side salad w/ ranch
<ul style="list-style-type: none"> hot dog (df) turkey and cheese sandwich three bean salad 	<ul style="list-style-type: none"> Flame broiled cheeseburger Rainbow veggie pizza (vg) NEW greek garbanzo flatbread (df) (vg) baby carrots w/ ranch 	<ul style="list-style-type: none"> baked mac & cheese w/ bbq chicken NEW bean and cheese burrito (vg) turkey and cheddar sandwich garlic lime corn 	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (vg) chicken pesto pasta salad lemon pepper green beans 	<ul style="list-style-type: none"> cheese pizza (vg) crispy chicken sandwich (df) chicken caesar salad Broccoli and carrot salad
NO SCHOOL	<ul style="list-style-type: none"> bbq beef flatbread melt flame broiled cheeseburger steamed carrots 	<ul style="list-style-type: none"> chicken bites (df) fiesta scoops w/ three layer dip (vg) chicken pesto pasta salad black beans, Edamame, corn and diced carrots 	<ul style="list-style-type: none"> penne pasta w/ meat sauce (df) NEW soyrito burrito w/ guac (df) (vg) chicken salad sandwich garlic Italian corn 	<ul style="list-style-type: none"> pepperoni pizza philly cheesesteak calzoni (vg) sesame chicken salad Sliced cucumbers
<ul style="list-style-type: none"> baked mac & cheese w/ chicken sausage flame broiled cheeseburger seasoned green beans 	<ul style="list-style-type: none"> NEW chicken and waffles five cheese lasagna (vg) chicken Caesar salad broccoli 	<ul style="list-style-type: none"> hot dog (df) hearty veggie chili (vg) buffalo chicken wrap baby carrots w/ ranch 	<ul style="list-style-type: none"> roasted turkey and yams mac and cheese and yams (vg) chicken pesto pasta salad mashed potatoes 	<ul style="list-style-type: none"> pepperoni pizza NEW bean and cheese burrito (vg) veggie taco salad (vg) Cilantro lime pinto bean
<ul style="list-style-type: none"> chicken bites creamy tomato curry w/ grilled chicken green peas 	<ul style="list-style-type: none"> bbq chicken drumsticks w/ cheesy rice cheesy ravioli (vg) chicken Caesar wrap coleslaw 	NO SCHOOL	NO SCHOOL	NO SCHOOL

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

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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

NOVEMBER

SNACK

Upper School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<ul style="list-style-type: none"> cinnamon rumbles 1
<ul style="list-style-type: none"> giant cinnamon goldfish grahams 4 	<ul style="list-style-type: none"> color goldfish w/ juice 5 	<ul style="list-style-type: none"> educational snacks 6 	<ul style="list-style-type: none"> honey wheat crackers w/ juice 7 	<ul style="list-style-type: none"> goldfish crackers w/ string cheese 8
NO SCHOOL 11	<ul style="list-style-type: none"> Giant cinnamon goldfish w/ juice 12 	<ul style="list-style-type: none"> honey wheat crackers w/ string cheese 13 	<ul style="list-style-type: none"> goldfish pretzels w/ juice 14 	<ul style="list-style-type: none"> string cheese 15
<ul style="list-style-type: none"> cinnamon grahams 18 	<ul style="list-style-type: none"> educational snacks 19 	<ul style="list-style-type: none"> cinnamon rumbles 20 	<ul style="list-style-type: none"> honey grahams w/ juice 21 	<ul style="list-style-type: none"> honey wheat crackers w/ sunbutter 22
<ul style="list-style-type: none"> yogurt 25 	<ul style="list-style-type: none"> goldfish pretzels w/ string cheese 26 	NO SCHOOL 27	NO SCHOOL 28	NO SCHOOL 29

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

STUDENT FAVORITE ★