

SEPTEMBER BREAKFAST

BACK to SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. **What's your new goal?**



Learn more about us on our *new* website at revolutionfoods.com!

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

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

- corn chex & mini dipper & fruit

5

- zac omega fruit filled strawberry bar

6

- banana muffin
- pineapple juice available

7

- cinnamon crumbles

10

- cheerios & zac attack apple & fruit

11

- HOT French toast sticks
-

12

- plain bagel & cream cheese
-

13

- zee zees apple crisp bar

14

- yogurt & educational snack

17

- zac omega fruit filled strawberry bar

18

- HOT buttermilk pancakes
-

19

- HOT southwest chorizo & cheese bagel

20

- blueberry bagel & cream cheese
- pineapple juice available

21

- cinnamon crumbles

24

- corn chex & mini dipper & fruit

25

- HOT French toast sticks, turkey sausage, & egg
- crisp bar

26

- HOT turkey, cheddar cheese, & omelet gordita
-

27

- cinnamon grahams & string cheese

28

- French toast muffin

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3

4

- corn chex & mini dipper & fruit

5

- Zac omega fruit filled strawberry bar

6

- banana muffin
- pineapple juice available

7

- Cinnamon crumbles

10

- multigrain cheerios & fruit

11

- blueberry burst muffin

12

- plain bagel & cream cheese

13

- zee zees apple crisp bar

14

- yogurt & educational snack

17

- zac omega fruit filled strawberry bar

18

- plain bagel & cream cheese

19

- honey grahams & cinnamon rumbles

20

- blueberry bagel & cream cheese
- Pineapple juice available

21

- cinnamon crumbles

24

- multigrain cheerios & fruit

25

- zee zees cinnamon crisp bar

26

- yogurt & educational snacks

27

- cinnamon grahams & string cheese

28

- French toast muffin

SEPTEMBER LUNCH

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Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- Vegetable of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

- rainbow veggie pizza
- green beans

5

- cheesy ravioli (vg)
- kickin' chicken melt
- sunny sandwich kit pinto beans & broccoli

6

- chicken taco trio
- lettuce & tomatoes with ranch

7

- cheese pizza (v)
- sweet potatoes

10

- • cheesy chicken quesadilla
- sunny sandwich kit (sunbutter & jelly) (v)
- Steamed corn

11

- bfast for lunch: pancakes & omelet (v)
- chicken teriyaki (df)
- glazed carrots

12

- mac & cheese and chicken bites
- seasoned garbanzo beans & grape tomatoes

13

- bean & cheese pupusa (v)
- the revolution dog (df)
- broccoli with ranch

14

- PIZZA FRIDAY!
- taco dipper kit (v)
- cucumber & tomato salad

17

- beef cheeseburger
- sunny sandwich kit (sunbutter & jelly) (v)
- seasoned green beans with ranch

18

- rainbow veggie pizza (v)
- turkey & cheddar sandwich
- sweet potatoes

19

- chicken bites
- hummus dippers (v)
- edamame and baby carrots

20

- cheesy ravioli (v)
- chicken "pizza party" salad
- broccoli & carrot salad

21

- chicken taco trio
- southwest veggie wrap (v)
- green peas

24

- the revolution dog (df)
- cheesy pizza bites (v)
- steamed corn

25

- chili citrus drumstick & rice
- cheddar cheese sandwich (v)
- sweet potatoes

26

- pasta with zesty beef
- cheese enchilada plate (v)
- edamame & grape tomatoes

27

- pepperjack cheeseburger
- veggie taco salad (v)
- lettuce and sliced tomatoes with ranch

28

- PIZZA FRIDAY!
- chilled, seasoned green beans

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- Vegetable of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

- bbq chicken with cheesy rice
- green beans

5

- cheesy ravioli (vg)
- kickin' chicken melt (df option by request)
- pinto beans & broccoli

6

- chicken taco trio
- lettuce & tomatoes with ranch

7

- cheese pizza (v)
- sweet potatoes

10

- cheesy chicken quesadilla
- sunny sandwich kit (sunbutter & jelly) (v)
- Steamed corn

11

- chicken teriyaki (df)
- sesame chicken wrap (df)
- glazed carrots

12

- mac & cheese and chicken bites
- seasoned garbanzo beans & grape tomatoes

13

- bean & cheese pupusa
- oven roasted chicken sandwich (df)
- broccoli with ranch

14

- spaghetti & meatballs (df option by request)
- cucumber & tomato salad

17

- beef cheeseburger
- sunny sandwich kit (sunbutter & jelly) (v)
- seasoned green beans with ranch

18

- rainbow veggie pizza
- sweet potatoes

19

- chicken bites
- hummus dippers (v)
- (df option by request)
- edamame and baby carrots

20

- cheesy ravioli
- broccoli & carrot salad

21

- chicken taco trio
- green peas

24

- cheesy pizza bites (vg)
- steamed corn

25

- chicken bites with bbq bean sauce
- cheddar cheese sandwich
- sweet potatoes

26

- pasta with zesty beef
- cheese enchilada plate (v)
- edamame & grape tomatoes

27

- pepperjack cheeseburger
- lettuce and sliced tomatoes with ranch

28

- five cheese lasagna (v)
- chilled, seasoned green beans