

SEPTEMBER

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt with Cinnamon Grahams</li> </ul>	<ul style="list-style-type: none"> <li>HOT Mini Cheese Omelet with French Toast Stick</li> </ul>	<ul style="list-style-type: none"> <li>HOT Rise &amp; Shine Breakfast Burrito</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel with Cream Cheese</li> </ul>
<ul style="list-style-type: none"> <li>Granola Bowl</li> </ul>	<ul style="list-style-type: none"> <li>HOT Cornbread and Egg Omelet</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes with Syrup</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese with Cinnamon Grahams</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel with Cream Cheese</li> </ul>
<ul style="list-style-type: none"> <li>Zac Omega Bar Strawberry</li> </ul>	<ul style="list-style-type: none"> <li>Multigrain Cheerios with Giant Cinnamon Goldfish Grahams</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pepper Jack Cheese and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel with Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> </ul>
<ul style="list-style-type: none"> <li>Yogurt with Educational Snacks</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast Sticks</li> </ul>	<ul style="list-style-type: none"> <li>HOT Sausage and Cheddar Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes with Syrup Corn Chex with Educational Snacks</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel with Cream Cheese</li> </ul>
<ul style="list-style-type: none"> <li>Cinnamon Chex</li> </ul>				

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.

**STUDENT FAVORITE** ★

# SEPTEMBER

# PSN BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>No School</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt with Cinnamon Grahams</li> </ul>	<ul style="list-style-type: none"> <li>HOT Mini Cheese Omelet with French Toast Stick</li> </ul>	<ul style="list-style-type: none"> <li>HOT Rise &amp; Shine Breakfast Burrito (Egg &amp; Cheese)</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel with Cream Cheese</li> </ul>
<ul style="list-style-type: none"> <li>Granola Bowl</li> </ul>	<ul style="list-style-type: none"> <li>HOT Cornbread and Egg Omelet</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes with Syrup</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese with Cinnamon Grahams</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel with Cream Cheese</li> </ul>
<ul style="list-style-type: none"> <li>Corn Chex</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese with Cinnamon Grahams</li> </ul>	<ul style="list-style-type: none"> <li>HOT Cheddar Cheese and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel with Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> <li>Corn Chex</li> </ul>
<ul style="list-style-type: none"> <li>Yogurt with Educational Snacks</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast Sticks</li> </ul>	<ul style="list-style-type: none"> <li>HOT Sausage &amp; Cheddar Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes with Syrup</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel with Cream Cheese</li> </ul>
<ul style="list-style-type: none"> <li>Corn Chex</li> </ul>				

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# SEPTEMBER

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 <ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Cheddar Cheese Sandwich (V)</li> <li>Green Peas</li> </ul>	4 <ul style="list-style-type: none"> <li>Chili Citrus Drumstick with Rice (DF)</li> <li>Lemon Pepper Green Beans</li> </ul>	5 <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>Veggie Chef's Salad (V)</li> <li>Kidney Beans, Edamame, Carrot, Corn</li> </ul>	6 <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cheese Pizza (V)</li> <li>Kidney Beans, Edamame, Carrot, Corn</li> </ul>
9 <ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Sunny Sandwich Kit (V)</li> <li>Garbanzo, Edamame, &amp; Shredded Carrots</li> </ul>	10 <ul style="list-style-type: none"> <li>Penne Pasta with Meat Sauce Cheesy Ravioli</li> <li>Savory Sweet Potatoes</li> </ul>	11 <ul style="list-style-type: none"> <li>Hot Meatball Sub</li> <li>Cheddar Cheese Sandwich (V)</li> <li>Green Peas</li> </ul>	12 <ul style="list-style-type: none"> <li>Creamy Chicken Alfredo</li> <li>Cheese Pizza Panada Pie (V)</li> <li>Sliced Cucumber</li> </ul>	13 <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cheese Pizza (V)</li> <li>Side Salad</li> </ul>
16 <ul style="list-style-type: none"> <li>Revolution Hot Dog (DF)</li> <li>Sunny Sandwich Kit (V)</li> <li>Baby Carrots</li> </ul>	17 <ul style="list-style-type: none"> <li>Spaghetti Marinara with Mozzarella (V)</li> <li>Five Cheese Lasagna (V)</li> <li>Lemon Pepper Corn</li> </ul>	18 <ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Southwest Veggie Wrap (V)</li> <li>Green Beans with Carmelized Onions</li> </ul>	19 <ul style="list-style-type: none"> <li>Chicken Taco Trio</li> <li>Veggie Chef's Salad (V)</li> <li>Chili Citrus Black Beans &amp; Corn</li> </ul>	20 <ul style="list-style-type: none"> <li>Cheese Pizza (V)</li> <li>Sloppy Joe (DF)</li> <li>Side Salad</li> </ul>
23 <ul style="list-style-type: none"> <li>Mama's Tamale (Mild Green Chili and Cheese) (V)</li> <li>Turkey and Cheddar Sandwich</li> <li>Pinto Beans</li> <li>Steamed Corn</li> </ul>	24 <ul style="list-style-type: none"> <li>Chicken Teriyaki with Brown Rice (DF)</li> <li>Breakfast for Lunch: Pancakes with Omelet (V)</li> <li>Savory Sweet Potatoes</li> </ul>	25 <ul style="list-style-type: none"> <li>Cheesy Pizza Bite Meal (V)</li> <li>Pasta with Zesty Beef</li> <li>Green Peas</li> </ul>	26 <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>Sunny Sandwich Kit (V)</li> <li>Cucumber &amp; Tomato Salad</li> </ul>	27 <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cheese Pizza (V)</li> <li>(DF)</li> <li>Side Salad</li> </ul>
30 <ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Sunny Sandwich Kit (V)</li> <li>Combo Sandwich</li> <li>Baby Carrots</li> </ul>				

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](http://www.revolutionfoods.com)

**revolution**foods.

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

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

VEGETABLE  
 OF THE DAY

STUDENT  
 FAVORITE



# SEPTEMBER

PSN

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Cheese Pizza Panada Pie (V)</li> <li>Green Peas</li> </ul>	4 <ul style="list-style-type: none"> <li>Breakfast for Lunch: Pancakes with Omelet (V)</li> <li>Pepper Jack Cheeseburger</li> <li>Lemon Pepper Green Beans</li> </ul>	5 <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Cheddar Cheese Sandwich (V)</li> <li>Seasoned Kidney Beans</li> </ul>	6 <ul style="list-style-type: none"> <li>Cheese Pizza with a Whole Grain Crust (V)</li> <li>Chicken Salad Sandwich (DF)</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul>
9 <ul style="list-style-type: none"> <li>Breakfast for Lunch: Pancakes with Omelet (V)</li> <li>Mumbo Grilled Chicken Bites (DF)</li> <li>Seasoned Kidney Beans</li> </ul>	10 <ul style="list-style-type: none"> <li>Penne Pasta with Meat Sauce (DF)</li> <li>Cheesy Ravioli (V)</li> <li>Savory Sweet Potatoes</li> </ul>	11 <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Sunny Sandwich Kit (V)</li> <li>Green Peas</li> </ul>	12 <ul style="list-style-type: none"> <li>Creamy Chicken Alfredo</li> <li>Cheese Pizza Panada Pie (V)</li> <li>Yellow squash</li> </ul>	13 <ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Cheddar Cheese Sandwich (V)</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul>
16 <ul style="list-style-type: none"> <li>Cheesy Ravioli (V)</li> <li>Diced Carrots</li> </ul>	17 <ul style="list-style-type: none"> <li>Penne Pasta with Meat Sauce</li> <li>Five Cheese Lasagna (V)</li> <li>Lemon Pepper Corn</li> </ul>	18 <ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Southwest Veggie Wrap (V)</li> <li>Green Bean with caramelized onion</li> </ul>	19 <ul style="list-style-type: none"> <li>Chicken Taco Trio</li> <li>Sunny Sandwich Kit (V)</li> <li>Black Beans</li> </ul>	20 <ul style="list-style-type: none"> <li>Sloppy Joe (DF)</li> <li>Cheddar Cheese Sandwich (V)</li> <li>Blanched Broccoli Florets with Ranch</li> </ul>
23 <ul style="list-style-type: none"> <li>Mama's Tamale (Mild Green Chili and Cheese) (V)</li> <li>Turkey and Cheddar Sandwich</li> <li>Pinto Beans</li> </ul>	24 <ul style="list-style-type: none"> <li>Chicken Teriyaki with Brown Rice (DF)</li> <li>Breakfast for Lunch: Pancakes with Omelet (V)</li> <li>Savory Sweet Potatoes</li> </ul>	25 <ul style="list-style-type: none"> <li>Cheesy Pizza Bite Meal (V)</li> <li>Green Peas</li> </ul>	26 <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Sunny Sandwich Kit (V)</li> <li>Sliced Cucumber</li> </ul>	27 <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cheddar Cheese Sandwich (V)</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul>
30 <ul style="list-style-type: none"> <li>Cheesy Chicken Quesadilla</li> <li>Sunny Sandwich Kit (V)</li> <li>Diced Carrots</li> </ul>				

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