

OCTOBER

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 • Jumpstart Breakfast: Mini Dipper doodle with String Cheese	2 • HOT Mini Cheese Omelet with French Toast Stick (VG)	3 • Banana Muffin	4 • Plain Whole Wheat Bagel with Cream Cheese
7 • Zee Zees Cinnamon Crisp Bar (VG) (DF)	8 • HOT Cornbread & Egg Omelet (VG)	9 • HOT Pancakes with Syrup (VG)	10 • Yogurt with Granola	11 • Blueberry Burst Whole Grain Bagel with Cream Cheese
14 NO SCHOOL	15 • String Cheese with Cinnamon Grahams	16 • HOT Pepper Jack Cheese and Omelet Gordita (VG)	17 • Lemon Muffin	18 • Cinnamon Chex with Educational Snacks (VG)
21 • Multigrain Cheerios with Giant Cinnamon Goldfish Grahams (DF) (VG)	22 • HOT French Toast Sticks (VG)	23 • HOT Sausage & Cheddar Biscuit FW	24 • HOT Pancakes with Syrup (VG)	25 • Banana Muffin
28 • Cinnamon Chex (DF) (VG)	29 • Plain Whole Wheat Bagel with Cream Cheese	30 • HOT Cornbread & Egg Omelet (VG)	31 • HOT French Toast Sticks (VG)	

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 tein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

revolutionfoods.

This institution is an equal opportunity vider. 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 ★

OCTOBER

PSN BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 • Cheerios (DF)	2 • HOT Mini Cheese Omelet with French Toast Stick (VG)	3 • Banana Muffin	4 • Plain Whole Wheat Bagel with Cream Cheese
7 • Multigrain Cheerios (DF)	8 • HOT Cornbread & Egg Omelet (VG)	9 • HOT Pancakes with Syrup (VG)	10 • Yogurt with Granola	11 • Blueberry Burst Whole Grain Bagel with Cream Cheese
14 NO SCHOOL	15 • String Cheese with Cinnamon Grahams	16 • HOT Cheddar Cheese and Omelet Gordita (VG)	17 • Lemon Muffin	18 • Corn Chex (DF)
21 • Cheerios (DF)	22 • HOT French Toast Sticks (VG)	23 • HOT Sausage & Cheddar Biscuit FW	24 • HOT Pancakes with Syrup (VG)	25 • Banana Muffin
28 • String Cheese with Cinnamon Grahams	29 • Plain Whole Wheat Bagel with Cream Cheese	30 • HOT Cornbread & Egg Omelet (VG)	31 • HOT French Toast Sticks (VG)	

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STUDENT FAVORITE ★

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LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> Chicken Bites Cheese Enchiladas (VG) Green Peas 	2 <ul style="list-style-type: none"> Breakfast for Lunch: Pancakes w/ Omelet (VG) Chili Citrus Drumstick with Rice (DF) Green Beans with Caramelized Onions 	3 <ul style="list-style-type: none"> Crispy Chicken Sandwich (DF) Veggie Chef's Salad (VG) Kidney Beans, Edamame, Carrot, Corn 	4 <ul style="list-style-type: none"> Pepperoni Pizza Cheese Pizza with a Whole Grain Crust (VG) Romaine, Carrot, and Side Salad with RANCH
7 <ul style="list-style-type: none"> Pepper Jack Cheeseburger Sunny Sandwich Kit (Sunbutter and Jelly with Sliced Bread)(VG) Garbanzo, Edamame, & Shredded Carrots 	8 <ul style="list-style-type: none"> Penne Pasta with Meat Sauce (DF) Bean and Cheese Quesadilla (VG) Savory Sweet Potatoes 	9 <ul style="list-style-type: none"> Hot Meatball Sub Cheddar Cheese Sandwich (VG) Green Peas & Kale Salad 	10 <ul style="list-style-type: none"> Creamy Chicken Alfredo Cheese Pizza Panada Pie (VG) Sliced Cucumber 	11 <ul style="list-style-type: none"> Cheese Pizza with a Whole Grain Crust (VG) Turkey and Cheddar Sandwich Romaine, Carrot, and Side Salad with RANCH
14 NO SCHOOL	15 <ul style="list-style-type: none"> Crispy Chicken Sandwich (DF) Southwest Veggie Wrap (VG) Lemon pepper corn 	16 <ul style="list-style-type: none"> Pepper Jack Cheeseburger Cheddar Cheese Sandwich (VG) Green Beans with Caramelized Onions 	17 <ul style="list-style-type: none"> Pasta with Zesty Beef Veggie Chef's Salad (VG) Chili Citrus Black Beans & Corn 	18 <ul style="list-style-type: none"> Cheese Pizza with a Whole Grain Crust (VG) Mini Chicken Corn Dogs Romaine, Carrot, and Side Salad with RANCH
21 <ul style="list-style-type: none"> Flame Broiled Beef Burger (DF) Mama's Tamale (VG) Pinto Beans & Steamed Corn 	22 <ul style="list-style-type: none"> Korean BBQ Beef Bowl (DF) Breakfast for Lunch: Pancakes w/ Omelet (VG) Savory Sweet Potatoes 	23 <ul style="list-style-type: none"> Chicken Bites Cheese Sandwich (VG) Green Peas 	24 <ul style="list-style-type: none"> Classic Spaghetti and Meatballs (DF) Five Cheese Lasagna (VG) Squash - Yellow 	25 <ul style="list-style-type: none"> Pepperoni Pizza Cheese Pizza (VG) Romaine, Carrot, and Side Salad with RANCH
28 <ul style="list-style-type: none"> The Revolution Hot Dog (DF) Sunny Sandwich Kit (Sunbutter and Jelly with Sliced Bread)(VG) Baby Carrots 	29 <ul style="list-style-type: none"> BBQ Chicken Plate Cheesy Ravioli (VG) Steamed Corn 	30 <ul style="list-style-type: none"> Hearty Veggie Chili (VG) Turkey and Cheddar Sandwich lemon pepper green bean 	31 <ul style="list-style-type: none"> Baked Mac & Cheese and Chicken Bites Creamy Pasta Alfredo (VG) Three Bean Salad & Grape Tomatoes 	

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

revolutionfoods.

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

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

STUDENT
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> Chicken Bites Cheese Enchiladas (VG) Green Peas 	2 <ul style="list-style-type: none"> Breakfast for Lunch: Pancakes w/ Omelet (VG) Pepper Jack Cheeseburger Green Bean W/Carmelized Onion 	3 <ul style="list-style-type: none"> Crispy Chicken Sandwich Cheddar Cheese Sandwich (VG) Seasoned Kidney Beans 	4 <ul style="list-style-type: none"> Cheese Pizza with a Whole Grain Crust (VG) Side Salad
7 <ul style="list-style-type: none"> Breakfast for Lunch: Pancakes w/ Omelet (VG) Mumbo Grilled Chicken Bites (DF) Seasoned Kidney Beans 	8 <ul style="list-style-type: none"> Penne Pasta with Meat Sauce (DF) Bean and Cheese Quesadilla (VG) Savory Sweet Potatoes 	9 <ul style="list-style-type: none"> Crispy Chicken Sandwich Cheddar Cheese Sandwich (VG) Green Peas 	10 <ul style="list-style-type: none"> Creamy Chicken Alfredo Cheese Pizza Panada Pie (VG) Sliced Cucumber 	11 <ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Cheddar Cheese Sandwich (VG) Side Salad
14 NO SCHOOL	15 <ul style="list-style-type: none"> Crispy Chicken Sandwich Southwest Veggie Wrap (VG) Lemon Pepper Corn 	16 <ul style="list-style-type: none"> Pepper Jack Cheeseburger Green Bean W/Carmelized Onion 	17 <ul style="list-style-type: none"> Pasta with Zesty Beef Sunny Sandwich Kit (Sunbutter and Jelly with Sliced Bread)(VG) Black Beans 	18 <ul style="list-style-type: none"> Pepperoni Pizza Cheddar Cheese Sandwich (VG) Blanched Broccoli Florets with RANCH
21 <ul style="list-style-type: none"> Flame Broiled Beef Burger (DF) Mama's Tamale (VG) Pinto Beans 	22 <ul style="list-style-type: none"> Korean BBQ Beef Bowl (DF) Breakfast for Lunch: Pancakes w/ Omelet (VG) Savory Sweet Potatoes 	23 <ul style="list-style-type: none"> Cheesy Pizza Bite Meal (VG) Chicken Taco Trio Green Peas 	24 <ul style="list-style-type: none"> Five Cheese Lasagna (VG) Squash - Yellow 	25 <ul style="list-style-type: none"> Pepperoni Pizza Cheddar Cheese Sandwich (VG) Side Salad
28 <ul style="list-style-type: none"> Sloppy Joe (DF) Southwest Veggie Wrap (VG) Steamed Carrots 	29 <ul style="list-style-type: none"> BBQ Chicken Plate Southwest Veggie Wrap (VG) Steamed Corn 	30 <ul style="list-style-type: none"> Hearty Veggie Chili (VG) Lemon Pepper Green Bean 	31 <ul style="list-style-type: none"> Baked Mac & Cheese and Chicken Bites Creamy Pasta Alfredo (VG) Tomatoes 	

Let's Celebrate!

Revolution Foods is excited to celebrate **National School Lunch Week** during October 14-18! What do you love most about school lunch? Is it trying new food? Getting to share a meal with friends?

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