

# DECEMBER

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>Cinnamon Chex/ Honey Grahams</li> </ul> 2	<ul style="list-style-type: none"> <li>Blueberry Muffin Plain Whole Wheat Bagel/Cream Cheese</li> </ul> 3	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup (VG)</li> </ul> 4	<ul style="list-style-type: none"> <li>String Cheese/Cinnamon Grahams</li> </ul> 5	<ul style="list-style-type: none"> <li>Apple Muffin</li> </ul> 6
<ul style="list-style-type: none"> <li>Yogurt/Granola</li> </ul> 9	<ul style="list-style-type: none"> <li>HOT Classic Chicken Sausage and Cheddar Brekwich</li> </ul> 10	<ul style="list-style-type: none"> <li>Mini French Toast Muffin &amp; String Cheese</li> </ul> 11	<ul style="list-style-type: none"> <li>Hot Waffle</li> </ul> 12	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> </ul> 13
<ul style="list-style-type: none"> <li>Multigrain Cheerios/Educational Snacks (VG)</li> </ul> 16	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup (VG)</li> </ul> 17	<ul style="list-style-type: none"> <li>HOT Cornbread &amp; Egg Omelet (VG)</li> </ul> 18	<ul style="list-style-type: none"> <li>Corn Chex/Educational Snacks (VG)</li> </ul> 19	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul> 20
23	24	25	26	27
30	31			

## 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!

**revolution**foods.

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** ★

# DECEMBER

# PSN BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 • Cheerios (DF)	3 • Plain Whole Wheat Bagel/Cream Cheese	4 • HOT Pancakes w/ Syrup (VG)	5 • String Cheese/Cinnamon Grahams	6 • Apple Muffin
9 • Yogurt/Granola/Fruit	10 • HOT Classic Chicken Sausage and Cheddar Brekwich	11 • Mini French Toast Muffin & String Cheese	12 • Hot Waffle	13 • Blueberry Muffin
16 • Multigrain Cheerios (DF)	17 • HOT Pancakes w/ Syrup (VG)	18 • HOT Turkey, Cheddar Cheese, and Omelet Gordita	19 • Corn Chex (DF)	20 • Blueberry Burst Whole Grain Bagel/Cream Cheese
23	24	25	26	27
30	31			

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**STUDENT FAVORITE**



# DECEMBER

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Sunny Sandwich Kit (VG)</li> <li>Celery Sticks</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Classic Spaghetti and Meatballs (DF)</li> <li>Five Cheese Lasagna (VG)</li> <li>Savory Sweet Potatoes</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Chicken &amp; Waffles</li> <li>Cheddar Cheese Sandwich (VG)</li> <li>Steamed Corn</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Creamy Pasta Alfredo (VG)</li> <li>Chicken Taco Trio</li> <li>Chili Citrus Black Beans &amp; Corn</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Chopped Romaine Lettuce and Grape Tomatoes with RANCH</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Bean &amp; Cheese Burrito (VG)</li> <li>Baby Carrots</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>Sunny Sandwich Kit (VG)</li> <li>Garlic Lime Corn</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Pancakes w/ Omelet (VG)</li> <li>Turkey and Cheddar Sandwich</li> <li>Green Beans with Carmelized Onions</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites</li> <li>Soyrizo Burrito &amp; Guacamole (DF) (VG)</li> <li>Cilantro Lime Pinto Beans</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Cheese Pizza (VG)</li> <li>Chopped Romaine Lettuce and Grape Tomatoes</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Cheese Enchiladas (VG)</li> <li>Chili Citrus Black Beans &amp; Corn</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Hot Meatball Sub</li> <li>Hearty Veggie Chili (VG)</li> <li>Carrot, Corn, &amp; Peas</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Chicken Bites (DF)</li> <li>Creamy Pasta Alfredo (VG)</li> <li>Savory Sweet Potatoes</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Chicken Pesto Pasta Salad</li> <li>Sunny Sandwich Kit (VG)</li> <li>Sauteed Zucchini &amp; Squash</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Cheese Pizza (VG)</li> <li>Chopped Romaine Lettuce and Grape Tomatoes with RANCH</li> </ul>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p>	<p>31</p>			

## Did you know?

Revolution Foods is able 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.

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  
FAVORITE ★

# DECEMBER

PSN

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Sunny Sandwich Kit (VG)</li> <li>Seasoned Green Beans</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Spaghetti Marinara with Mozzarella (VG)</li> <li>Sweet Potatoes</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Cheese Pizza Panada Pie (VG)</li> <li>Steamed Corn</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Creamy Pasta Alfredo (VG)</li> <li>Chicken Taco Trio</li> <li>Seasoned Black Beans</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Southwest Veggie Wrap (VG)</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>Chicken Taco Trio</li> <li>Bean &amp; Cheese Burrito (VG)</li> <li>Steamed Carrots</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Sunny Sandwich Kit (VG)</li> <li>Garlic Lime Corn</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Orange Chicken (DF)</li> <li>Breakfast for Lunch: Pancakes w/ Omelet (VG)</li> <li>Seasoned Green Beans with RANCH</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites</li> <li>Soyrizo Burrito &amp; Guacamole (DF) (VG)</li> <li>Cilantro Lime Pinto Beans</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Cheese Enchiladas (VG)</li> <li>Seasoned Black Beans</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Spaghetti Marinara with Mozzarella (VG)</li> <li>Carrot, Corn, &amp; Peas</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Chicken Bites (DF)</li> <li>Creamy Pasta Alfredo (VG)</li> <li>Sweet Potatoes</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Chicken Pesto Pasta Salad</li> <li>Sauteed Zucchini &amp; Squash</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>PSN side salad with ranch</li> </ul>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
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