

MS-SEPTEMBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Sausage & Cheese Stuffed Waffle	Fruit & Yogurt Smoothie w/ Granola Mini Maple Pancakes	Beef Sausage & Cheese Croissant Sandwich	Mini Strawberry Pancakes
7	8	9	10	11
	Conchita w/ String Cheese	Cheerios Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Croissant w/ Grape Jelly Oatmeal w/ Blueberries	Mini Maple Pancakes
14	15	16	17	18
French Toast Sticks	Beef Sausage & Cheese English Muffin Sandwich	Bagel w/ Cream Cheese Mini Strawberry Pancakes	Waffle	Strawberry Yogurt Parfait w/ Cinnamon Granola
21	22	23	24	25
Cinnamon Roll	Sausage & Cheese Stuffed Waffle	Fruit & Yogurt Smoothie w/ Granola Mini Maple Pancakes	Beef Sausage & Cheese Croissant Sandwich	Chocolate Chip Muffin Top Mini Strawberry Pancakes
28	29	30		
Cinnamon Crumble	Maple Beef Sausage & Pancake Sandwich	Cheerios Cereal w/ Honey Grahams		

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	Plum (1/2 C), Banana (1/2 C), Apple Slices (1/2 C), 100% Fruit Juice 4 oz, Pear (1/2 C), Apple (1/2 C), Nectarine (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards 

MS=SEPTEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Penne & Meat Sauce Chicken Salad Sandwich w/ Baby Carrots	Sesame Beef Bowl w/ Broccoli	Turkey Nachos w/ Refried Beans & Tortilla Chips Wowbutter Jelly Sandwich w/ Roasted Fava Beans	Cheese Pizza Crispy Chicken Sandwich
7	8	9	10	11
	Mac & Cheese w/ Diced Carrots Italian Turkey Trio on Hoagie w/ Baby Carrots	Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	Bean & Cheese Pupusa w/ Pinto Beans	Cheese Tamale w/ Black Beans
14	15	16	17	18
Crispy Chicken Sandwich w/ Oven Baked Fries Turkey & Cheese Sub Sandwich w/ Tajin Corn	Beef & Cheese Taco Stick w/ Baby Carrots	Hot Dog w/ Oven Baked Fries P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Chicken Tamale w/ Pinto Beans Grilled Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza
21	22	23	24	25
Bean Burrito Bowl w/ Rice & Corn Chicken Bites w/ Oven Bakes Fries	Bean & Cheese Burrito w/ Baby Carrots Chicken Salad Sandwich w/ Baby Carrots	Sesame Beef Bowl w/ Broccoli Chicken Dumplings w/ Mixed Veggies	BBQ Chicken w/ Baked Beans & Dinner Roll Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Crispy Chicken Sandwich
28	29	30		
Cheeseburger w/ Oven Baked Fries Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams	Pineapple Teriyaki Chicken w/ Rice & Diced Carrots Mac & Cheese w/ Diced Carrots	Chicken Bites w/ Corn Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas		
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Monday:Baby Carrots (1/4 C) Tuesday:Celery Sticks (1/4 C) Wednesday:Cucumber Slices (1/4 C) w/ Tajin Thursday:Jicama Slices (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)	Apple (1/2 C),Banana (1/2 C),Nectarine (1/2 C),Peach (1/2 C),100% Fruit Juice 4 oz	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

