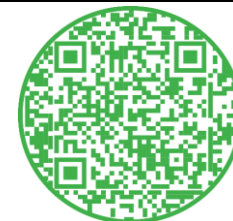


MS-OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cinnamon Chex Cereal w/ Honey Grahams	Mini Maple Pancakes
5	6	7	8	9
Cinnamon Crumble	Beef Sausage & Cheese Croissant Sandwich	French Toast Sticks	Chocolate Chip Muffin Top	Mini Maple Pancakes
12	13	14	15	16
Indigenous People's Day	Vanilla Concha	Mini Strawberry Pancakes	Berry Apple Zee Zee Bar	Waffle
19	20	21	22	23
Cinnamon Roll	Mini Maple Pancakes	Fruit & Yogurt Smoothie w/ Granola	Sausage & Cheese Stuffed Waffle	Mini Strawberry Pancakes
26	27	28	29	30
Waffle	Cocoa Orbits Bites (Chocolate Puffed Cereal)	French Toast Sticks	Chocolate Chip Muffin Top	Mini Maple Pancakes

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	Banana (1/2 C), Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (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=OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Bean & Cheese Pupusa w/ Pinto Beans Cheese Tamale w/ Black Beans	Cheese Pizza Pepperoni Pizza Wowbutter (Soybutter) & Jelly Sandwich
5	6	7	8	9
Chicken Bites w/ Mashed Potatoes Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Cheese Lasagna w/ Marinara & Graham Crackers Chicken Salad Sandwich w/ Baby Carrots	Bean & Cheese Pupusa w/ Curtido Salad Chicken Alfredo Pasta w/ Seasoned Peas	Grilled Cheese Sandwich w/ Roasted Fava Beans Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Cheese Pizza Pepperoni Pizza
12	13	14	15	16
Indigenous People's Day	Cheeseburger w/ Oven Baked Fries Grilled Cheese Sandwich w/ Baby Carrots	Chicken Dumplings w/ Mixed Veggies	Bean & Cheese Pupusa w/ Pinto Beans	Cheese Pizza Pepperoni Pizza
19	20	21	22	23
Beef & Cheese Taco Stick w/ Corn Tajin	Bean & Cheese Burrito w/ Baby Carrots(120)	Parm Pizza Bites w/ Marinara Dipping Sauce(130)	Turkey Nachos w/ Refried Beans & Tortilla Chips Wowbutter Jelly Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza
26	27	28	29	30
Chicken Bites w/ Mashed Potatoes Soy Veggie Burger w/ Potato Wedges	Cheese Lasagna w/ Marinara & Graham Crackers Yogurt w/ String Cheese, Granola & Baby Carrots	Chicken Alfredo Pasta w/ Seasoned Peas	Grilled Cheese Sandwich w/ Roasted Fava Beans Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Crispy Chicken Sandwich Wowbutter (Soybutter) & Jelly Sandwich
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	Thursday:Jicama Slices (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C) Monday:Baby Carrots (1/4 C) Tuesday:Celery Sticks (1/4 C) Wednesday:Cucumber Slices (1/4 C) w/ Tajin	Peach (1/2 C),100% Fruit Juice 4 oz,Plum (1/2 C),Banana (1/2 C),Pear (1/2 C),Apple (1/2 C),Persimmon (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	

