

HS=OCTOBER BREAKFAST



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



HS -OCTOBER LUNCH



Monday Tuesday Wednesday Thursday Friday				
1 2				
			Bean & Cheese Pupusa w/ Pinto Beans Southwest Chicken Salad w/ WG Dinner Roll	Cheese Pizza Pepperoni Pizza Wowbutter (Soybutter) & Jelly Sandwich
5 6 7 8 9				
Chicken Bites w/ Mashed Potatoes & Pretzels	Cheese Lasagna w/ Marinara & Wheat Crackers Chicken Salad Sandwich w/ Baby Carrots	Chicken Alfredo Pasta w/ Seasoned Peas	Grilled Cheese Sandwich w/ Roasted Fava Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Wowbutter (Soybutter) & Jelly Sandwich
12 13 14 15 16				
Indigenous People's Day	Parm Pizza Bites w/ Marinara Dipping Sauce	Mac & Cheese w/ Mixed Vegetables & Dinner Roll	Bean & Cheese Pupusa w/ Pinto Beans	Bean & Cheese Burrito
19 20 21 22 23				
Cheeseburger w/ Oven Baked Fries Turkey & Cheese Sub Sandwich w/ Tajin Corn	Penne & Meat Sauce	Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	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 & Pretzels Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Beef & Cheese Taco Stick w/ Baby Carrots Chicken Salad Sandwich w/ Baby Carrots	Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels	Grilled Cheese Sandwich w/ Roasted Fava Beans	Crispy Chicken 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	Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Thursday:Jicama Slices (1/2 C) Monday:Baby Carrots (1/2 C) Tuesday:Celery Sticks (1/2 C) Wednesday:Cucumber Slices (1/2 C) w/ Tajin	Apple (1/2 C),Nectarine (1/2 C),Pear (1/2 C),Peach (1/2 C),100% Fruit Juice 4 oz,Plum (1/2 C),Banana (1/2 C),Apple Slices (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	

