

October Breakfast

West Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams		Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Sausage & Cheese Croissant Sandwich		Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	
6		7		8		9		10	
Cinnamon Crumble Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes		Chocolate Chip Muffin Top Cheerios Cereal w/ Honey Grahams Sausage & Cheese English Muffin Sandwich		Conchita w/ String Cheese Honey Bunches of Oats Cereal w/ Honey Grahams		Mantecada Muffin Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit Cinnamon Chex Cereal w/ Honey Grahams		Fruit & Yogurt Smoothie w/ Granola Maple Beef Sausage & Pancake Sandwich Cheerios Cereal w/ Honey Grahams	
13		14		15		16		17	
Cinnamon Chex Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich Bagel w/ Cream Cheese		Vanilla Concha Cheerios Cereal French Toast Sticks		Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams		Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito		NO SCHOOL	
20		21		22		23		24	
Vanilla Concha Cinnamon Chex Cereal w/ Honey Grahams Berry Apple Crisp Bar		Chocolate Chip Muffin Top Cheerios Cereal Sausage & Cheese English Muffin Sandwich		Conchita w/ String Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle		Mantecada Muffin Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit Cinnamon Chex Cereal w/ Honey Grahams		Fruit & Yogurt Smoothie w/ Granola Maple Beef Sausage & Pancake Sandwich Cheerios Cereal	
27		28		29		30		31	
Bagel w/ Cream Cheese Cinnamon Chex Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich		Vanilla Concha Cheerios Cereal w/ Honey Grahams French Toast Sticks		Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams		Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito		Cinnamon Roll Cheerios Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	
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		Apple Slices (1/2 C), Pear (1/2 C), Banana (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C), Applesauce Cup (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			
									

October Lunch West Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido Salad P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Turkey Nachos w/ Refried Beans & Tortilla Chips Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
6	7	8	9	10
Hamburger w/ Oven Baked Fries Crispy Chicken Sandwich w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Cheese Pizza Kit Penne & Meat Sauce	Chicken Salad & Cheese Cracker Kit w/ Baby Carrots Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams	Chicken Bites w/ Mashed Potatoes Mac & Cheese w/ Diced Carrots Chicken Caesar Salad with Dinner Roll & Croutons	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
13	14	15	16	17
Cheeseburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas Cheese Pizza Kit	Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans BBQ Chicken w/ Baked Beans & Dinner Roll Bean & Cheese Burrito	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Asian Chicken Salad w/ WG Crispy Noodles	NO SCHOOL
20	21	22	23	24
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots Grilled Cheese Sandwich w/ Baby Carrots Cheeseburger w/ Oven Baked Fries	Parm Pizza Bites w/ Marinara Dipping Sauce Italian Turkey Trio on Hoagie w/ Baby Carrots	Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido Salad P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Turkey Nachos w/ Refried Beans & Tortilla Chips Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
27	28	29	30	31
Hamburger w/ Oven Baked Fries Crispy Chicken Sandwich w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams Cheese Pizza Kit Penne & Meat Sauce	Chicken Salad & Cheese Cracker Kit w/ Baby Carrots Beef & Cheese Taco Stick w/ Roasted Fava Beans Cheese Tamale w/ Black Beans	Chicken Bites w/ Mashed Potatoes Mac & Cheese w/ Diced Carrots Chicken Caesar Salad with Dinner Roll & Croutons	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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	Wednesday: Baby Carrots (1/2 C) Thursday: Cucumber Slices (1/4 C) w/ Tajin, Celery Sticks (1/4 C) Monday: Baby Carrots (1/4 C) Tuesday: Roasted Kettle Corn Chickpeas Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C)	Banana (1/2 C), Apple (1/2 C), Plum (1/2 C), 100% Fruit Juice 4 oz, Grapes (1/2 C), Cantaloupe (30 servings per tray)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	



October Breakfast

East Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Strawberry Yogurt Parfait w/ Cinnamon Granola Apple Jacks Cereal w/ Giant Cinnamon Grahams	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Sausage & Cheese Croissant Sandwich	Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle
6	7	8	9	10
Cinnamon Crumble Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes	Chocolate Chip Muffin Top Cheerios Cereal w/ Honey Grahams Sausage & Cheese English Muffin Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit Cinnamon Chex Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola Maple Beef Sausage & Pancake Sandwich Cheerios Cereal w/ Honey Grahams
13	14	15	16	17
Cinnamon Chex Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich Bagel w/ Cream Cheese	Vanilla Concha Cheerios Cereal w/ Honey Grahams French Toast Sticks	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams	NO SCHOOL
20	21	22	23	24
Vanilla Concha Berry Apple Crisp Bar	Chocolate Chip Muffin Top Cheerios Cereal w/ Honey Grahams Sausage & Cheese English Muffin Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal w/ Honey Grahams	Mantecada Muffin Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit Cinnamon Chex Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola Maple Beef Sausage & Pancake Sandwich
27	28	29	30	31
Bagel w/ Cream Cheese Cinnamon Chex Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich	Vanilla Concha Cheerios Cereal w/ Honey Grahams French Toast Sticks	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Cinnamon Roll Cheerios Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle
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	Apple Slices (1/2 C), Pear (1/2 C), Banana (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C), Applesauce Cup (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	



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		1	2	3
		Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido Salad P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Turkey Nachos w/ Refried Beans & Tortilla Chips Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
6	7	8	9	10
Hamburger w/ Oven Baked Fries Crispy Chicken Sandwich w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams Cheese Pizza Kit Penne & Meat Sauce	Chicken Salad & Cheese Cracker Kit w/ Baby Carrots Queso Blanco Chicken Bowl w/ Rice & Pinto Beans Cheese Tamale w/ Black Beans	Chicken Bites w/ Mashed Potatoes Mac & Cheese w/ Diced Carrots Chicken Caesar Salad with Dinner Roll & Croutons	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
13	14	15	16	17
Cheeseburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas Chicken Tamale w/ Seasoned Mixed Veg Cheese Pizza Kit	Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans BBQ Chicken w/ Baked Beans & Dinner Roll Bean & Cheese Burrito	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Mac & Cheese w/ Diced Carrots Asian Chicken Salad w/ WG Crispy Noodles	NO SCHOOL
20	21	22	23	24
Grilled Cheese Sandwich w/ Baby Carrots Cheeseburger w/ Oven Baked Fries	Parm Pizza Bites w/ Marinara Dipping Sauce Chicken Tamale w/ Seasoned Mixed Veg Italian Turkey Trio on Hoagie w/ Baby Carrots	Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido Salad	Turkey Nachos w/ Refried Beans & Tortilla Chips Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
27	28	29	30	31
Hamburger w/ Oven Baked Fries Crispy Chicken Sandwich w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams Cheese Pizza Kit Penne & Meat Sauce	Chicken Salad & Cheese Cracker Kit w/ Baby Carrots Beef & Cheese Taco Stick w/ Roasted Fava Beans Cheese Tamale w/ Black Beans	Chicken Bites w/ Mashed Potatoes Mac & Cheese w/ Diced Carrots Chicken Caesar Salad with Dinner Roll & Croutons	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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	Wednesday: Baby Carrots (1/2 C) Thursday: Cucumber Slices (1/4 C) w/ Tajin, Celery Sticks (1/4 C) Monday: Baby Carrots (1/4 C) Tuesday: Roasted Kettle Corn Chickpeas Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C)	Banana (1/2 C), Apple (1/2 C), Plum (1/2 C), 100% Fruit Juice 4 oz, Grapes (1/2 C), Cantaloupe (30 servings per tray)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

