

# JANUARY BREAKFAST

## EAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Corn Chex Cereal w/ Honey Grahams Berry Apple Crisp Bar	Bagel w/ Cream Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich	Cinnamon Roll Cheerios Cereal w/ Honey Grahams	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Mini Maple Pancakes	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit
12	13	14	15	16
Cinnamon Crumble Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie	Mantecada Muffin Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Cheerios Cereal w/ Honey Grahams	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich
19	20	21	22	23
NO SCHOOL	Vanilla Concha Cheerios Cereal w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams	Cinnamon Roll Cheerios Cereal w/ Honey Grahams	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Mini Maple Pancakes	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit
26	27	28	29	30
Cinnamon Crumble Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie	Mantecada Muffin Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Cheerios Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich
<b>Breakfast Includes:</b>	<b>Featured Fruit:</b>		<b>RevUp Rewards:</b>	
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	Tangerine (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Orange (1/2 C), Dried Cranberries (1/2 C), Pear (1/2 C), Raisins (1/2 C)		Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# JANUARY LUNCH

# EAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Shelf Stable Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk Stable Yogurt w/ Cheese Stick & Paradise Punch	Mac & Cheese w/ Mixed Vegetables Chicken Tamale w/ Seasoned Mixed Veg Turkey & Cheese Sub Sandwich w/ Baby Carrots	Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams Penne & Meat Sauce Cheese Pizza Kit	Turkey Nachos w/ Refried Beans & Tortilla Chips Bean & Cheese Burrito w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
12	13	14	15	16
Hot Dog w/ Oven Baked Fries Beef Elote Loaded Potatoes w/ Dinner Roll Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Bean & Cheese Pupusa w/ Curtido Salad Chicken Alfredo Pasta w/ Seasoned Peas Italian Turkey Trio on Hoagie w/ Baby Carrots	Parm Pizza Bites w/ Marinara Dipping Sauce Chicken Caesar Salad with Dinner Roll & Croutons	Beef & Cheese Taco Stick w/ Roasted Fava Beans Cheese Tamale w/ Black Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
19	20	21	22	23
NO SCHOOL	Grilled Cheese Sandwich w/ Baby Carrots Cheeseburger w/ Oven Baked Fries	Bean & Cheese Burrito w/ Roasted Fava Beans BBQ Chicken w/ Baked Beans & Dinner Roll	Cheese Lasagna w/ Marinara Grilled Cheese Sandwich w/ Baby Carrots Asian Chicken Salad w/ WG Crispy Noodles	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
26	27	28	29	30
Cheeseburger w/ Oven Baked Fries Soy Veggie Burger w/ Potato Wedges Wowbutter & Jelly Sandwich w/ Tajin Corn	Mac & Cheese w/ Mixed Vegetables Chicken Tamale w/ Seasoned Mixed Veg Turkey & Cheese Sub Sandwich w/ Baby Carrots	Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams Penne & Meat Sauce Cheese Pizza Kit	Turkey Nachos w/ Refried Beans & Tortilla Chips Bean & Cheese Burrito w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
<b>Lunch Includes:</b>	<b>Veg of the Day:</b>	<b>Featured Fruit:</b>	<b>RevUp Rewards:</b>	
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:Baby Carrots (1/4 C) Wednesday:Baby Carrots (1/2 C),Cucumber Slices (1/4 C) w/ Tajin Thursday:Celery Sticks (1/4 C),Baby Carrots (1/2 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C)	100% Fruit Juice 4 oz,Tangerine (1/2 C),Orange (1/2 C),Apple (1/2 C),Apple Slices (1/2 C),Cranberries (1/2 C)	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# JANUARY BREAKFAST

# WEST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Corn Chex Cereal w/ Honey Grahams Berry Apple Crisp Bar	Bagel w/ Cream Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich	Cinnamon Roll Cheerios Cereal w/ Honey Grahams	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Mini Maple Pancakes	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit
12	13	14	15	16
Cinnamon Crumble Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie	Mantecada Muffin Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Cheerios Cereal w/ Honey Grahams Mini Maple Pancakes	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich
19	20	21	22	23
NO SCHOOL	Vanilla Concha Cheerios Cereal w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams	Cinnamon Roll Cheerios Cereal w/ Honey Grahams	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Mini Maple Pancakes	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit
26	27	28	29	30
Cinnamon Crumble Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie	Mantecada Muffin Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Cheerios Cereal w/ Honey Grahams Mini Maple Pancakes	Fruit & Yogurt Smoothie w/ Granola Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Cereal w/ Honey Grahams
<b>Breakfast Includes:</b>	<b>Featured Fruit:</b>		<b>RevUp Rewards:</b>	
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	Tangerine (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Orange (1/2 C), Dried Cranberries (1/2 C), Pear (1/2 C), Raisins (1/2 C)		Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# JANUARY LUNCH

# WEST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Shelf Stable Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk Stable Yogurt w/ Cheese Stick & Paradise Punch	Mac & Cheese w/ Mixed Vegetables Chicken Tamale w/ Seasoned Mixed Veg Turkey & Cheese Sub Sandwich w/ Baby Carrots	Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams Penne & Meat Sauce Cheese Pizza Kit	Turkey Nachos w/ Refried Beans & Tortilla Chips Bean & Cheese Burrito w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
12	13	14	15	16
Hot Dog w/ Oven Baked Fries Beef Elote Loaded Potatoes w/ Dinner Roll Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Bean & Cheese Pupusa w/ Curtido Salad Chicken Alfredo Pasta w/ Seasoned Peas Italian Turkey Trio on Hoagie w/ Baby Carrots	Parm Pizza Bites w/ Marinara Dipping Sauce Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Chicken Caesar Salad with Dinner Roll & Croutons	Beef & Cheese Taco Stick w/ Roasted Fava Beans Cheese Tamale w/ Black Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
19	20	21	22	23
NO SCHOOL	Grilled Cheese Sandwich w/ Baby Carrots Cheeseburger w/ Oven Baked Fries 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Bean & Cheese Burrito w/ Roasted Fava Beans BBQ Chicken w/ Baked Beans & Dinner Roll	Cheese Lasagna w/ Marinara Grilled Cheese Sandwich w/ Baby Carrots Asian Chicken Salad w/ WG Crispy Noodles	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
26	27	28	29	30
Cheeseburger w/ Oven Baked Fries Soy Veggie Burger w/ Potato Wedges Wowbutter & Jelly Sandwich w/ Tajin Corn	Mac & Cheese w/ Mixed Vegetables Chicken Tamale w/ Seasoned Mixed Veg Turkey & Cheese Sub Sandwich w/ Baby Carrots	Orange Chicken & Not So Fried Rice w/ Peas & Giant Goldfish Grahams Cheese Pizza Kit	Turkey Nachos w/ Refried Beans & Tortilla Chips Bean & Cheese Burrito w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
<b>Lunch Includes:</b>	<b>Veg of the Day:</b>	<b>Featured Fruit:</b>	<b>RevUp Rewards:</b>	
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:Baby Carrots (1/4 C) Wednesday:Baby Carrots (1/2 C),Cucumber Slices (1/4 C) w/ Tajin Thursday:Celery Sticks (1/4 C),Baby Carrots (1/2 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)	100% Fruit Juice 4 oz,Tangerine (1/2 C),Orange (1/2 C),Apple (1/2 C),Apple Slices (1/2 C),Cranberries (1/2 C)	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	

