

# 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

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	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



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

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: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/Panck (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)	<p>Scan Our QR Code Daily Complete the Survey</p> <p><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></p>

# 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

### **Lunch Includes:**

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

### **Veg of the Day:**

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/Ponch (0.75 C)

### **Featured Fruit:**

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)

### **RevUp Rewards:**

Scan Our QR Code Daily  
Complete the Survey  
**You're Entered to Win!**  
Drawings Monthly  
Learn More and See Prizes:  
[www.revolutionfoods.com/revuprewards](http://www.revolutionfoods.com/revuprewards)

