NOVEMBER BREAKFAST WEST

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
NO SCHOOL	Cinnamon Chex Cereal w/ Honey Grahams Vanilla Concha	Banana Muffin Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Strawberry Pancakes	Berry Apple Zee Zee Bar Cheerios Cereal w/ Honey Grahams Beef Sausage & Cheese English Muffin Sandwich	Strawberry Yogurt Parfait w/ Cinnamon Granola CinniPuffs (Maple Cinnamon Puffed Cereal) Waffle
9	**10**	**11**	**12**	**13**
French Toast Sticks Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams	Yogurt w/ String Cheese CinniPuffs (Maple Cinnamon Puffed Cereal) Mini Maple Pancakes	**NO SCHOOL**	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Sausage & Cheese Stuffed Waffle	Blueberry Muffin Cheerios Cereal w/ Honey Grahams Mini Strawberry Pancakes
16	**17**	**18**	**19**	**20**
Cinnamon Crumble Cheerios Cereal w/ Honey Grahams Waffle	Cocoa Orbits Bites (Chocolate Puffed Cereal) Beef Sausage & Cheese Croissant Sandwich	Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams French Toast Sticks	Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal) Oatmeal w/ Blueberries	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes
23	**24**	**25**	**26**	**27**
'FALL BREAK	**'FALL BREAK**	**'FALL BREAK**	**'FALL BREAK**	**'FALL BREAK**
30				
Berry Apple Crisp Bar, Fruit & Milk Corn Chex Cereal, Honey Grahams, Dried Cranberries, Fruit Juice & Milk				

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 (1/2 C),Pear (1/2 C),100% Fruit Juice 4 oz,Apple Slices (1/2 C),Banana (1/2 C),Orange (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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NOVEMBER LUNCH WEST

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
NO SCHOOL	Cheeseburger w/ Oven Baked Fries Grilled Cheese Sandwich w/ Baby Carrots Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk Yogurt w/ Cheese Stick & Paradise Punch	Chicken Dumplings w/ Mixed Veggies Mac & Cheese w/ Mixed Vegetables	BBQ Chicken w/ Baked Beans & Dinner Roll Bean & Cheese Pupusa w/ Pinto Beans Egg Salad Sandwich w/ Churro Fava Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
9	**10**	**11**	**12**	**13**
Cheeseburger w/ Oven Baked Fries Bean Burrito Bowl w/ Rice & Corn Beef & Cheese Taco Stick w/ Corn Tajin Turkey & Cheese Sub Sandwich w/ Tajin Corn	Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots Cheese Pizza Kit	**NO SCHOOL**	Cheese Tamale w/ Black Beans Turkey Nachos w/ Refried Beans & Tortilla Chips Wowbutter Jelly Sandwich w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
16	**17**	**18**	**19**	**20**
Chicken Bites w/ Mashed Potatoes Soy Veggie Burger w/ Potato Wedges Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	**'GRILL DAY-HOT DOGS, CHEESEBURGERS, HAMBURGERS AND VEGGIE BURGERS**	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Chicken Alfredo Pasta w/ Peas Cheese Pizza Kit	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Crispy Chicken Sandwich Wowbutter (Soybutter) & Jelly Sandwich
23	**24**	**25**	**26**	**27**
'FALL BREAK	**'FALL BREAK**	**'FALL BREAK**	**'FALL BREAK**	**'FALL BREAK**
30				
Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk Stable Yogurt w/ Cheese Stick & Paradise Punch				

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:Celery Sticks (1/4 C) Wednesday:Cucumber Slices (1/4 C) w/ Tajin Thursday:Jicama Slices (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)	100% Fruit Juice 4 oz,Banana (1/2 C),Apple (1/2 C),Mandarin Orange (1/2 C),Orange (1/2 C),Berry Mixed 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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NOVEMBER BREAKFAST EAST

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL	Cinnamon Chex Cereal w/ Honey Grahams Cheerios Cereal w/ Honey Grahams Vanilla Concha	Banana Muffin Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Strawberry Pancakes	Berry Apple Zee Zee Bar Cheerios Cereal w/ Honey Grahams Beef Sausage & Cheese English Muffin Sandwich	Strawberry Yogurt Parfait w/ Cinnamon Granola CinniPuffs (Maple Cinnamon Puffed Cereal) Waffle
9	10	11	12	13
French Toast Sticks Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams	Yogurt w/ String Cheese CinniPuffs (Maple Cinnamon Puffed Cereal) Mini Maple Pancakes	NO SCHOOL	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Sausage & Cheese Stuffed Waffle	Blueberry Muffin Cheerios Cereal w/ Honey Grahams Mini Strawberry Pancakes
16	17	18	19	20
Cinnamon Crumble Cheerios Cereal w/ Honey Grahams Waffle	Bagel w/ Seedbutter Cocoa Orbits Bites (Chocolate Puffed Cereal) Beef Sausage & Cheese Croissant Sandwich	Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams French Toast Sticks	Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal)	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams
23	24	25	26	27
'FALL BREAK	'FALL BREAK	'FALL BREAK	'FALL BREAK	'FALL BREAK
30				
Corn Chex Cereal, Honey Grahams, Dried Cranberries, Fruit Juice Berry Apple Crisp Bar, Applesauce, Dried Cranberries, & Milk Cheerios Cereal, Honey Grahams, Applesauce, Fruit Juice				

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 (1/2 C),Pear (1/2 C),100% Fruit Juice 4 oz,Apple Slices (1/2 C),Banana (1/2 C),Orange (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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NOVEMBER LUNCH EAST

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NO SCHOOL	Cheeseburger w/ Oven Baked Fries Grilled Cheese Sandwich w/ Baby Carrots Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice	Chicken Dumplings w/ Mixed Veggies Mac & Cheese w/ Mixed Vegetables Sesame Beef Bowl w/ Broccoli	BBQ Chicken w/ Baked Beans & Dinner Roll Bean & Cheese Pupusa w/ Pinto Beans Egg Salad Sandwich w/ Churro Fava Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
9	**10**	**11**	**12**	**13**
Cheeseburger w/ Oven Baked Fries Beef & Cheese Taco Stick w/ Corn Tajin Turkey & Cheese Sub Sandwich w/ Tajin Corn	Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots	**NO SCHOOL**	Cheese Tamale w/ Black Beans Turkey Nachos w/ Refried Beans & Tortilla Chips	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
16	**17**	**18**	**19**	**20**
Chicken Bites w/ Mashed Potatoes Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Beef & Cheese Taco Stick w/ Baby Carrots Cheese Lasagna w/ Marinara & Graham Crackers Yogurt w/ String Cheese, Granola & Baby Carrots	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Bean & Cheese Pupusa w/ Curtido Salad Chicken Alfredo Pasta w/ Peas	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
23	**24**	**25**	**26**	**27**
'FALL BREAK	**'FALL BREAK**	**'FALL BREAK**	**'FALL BREAK**	**'FALL BREAK**
30				
Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk Stable Yogurt w/ Cheese Stick & Paradise Punch				

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:Celery Sticks (1/4 C) Wednesday:Cucumber Slices (1/4 C) w/ Tajin Thursday:Jicama Slices (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)	100% Fruit Juice 4 oz,Banana (1/2 C),Apple (1/2 C),Mandarin Orange (1/2 C),Orange (1/2 C),Berry Mixed 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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