

January Breakfast

West Campus




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January Lunch

West Campus

Made for you!



Monday	Tuesday	Wednesday	Thursday	Friday
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WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
6	7	8	9	10
Hot Dog w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes Sunflower Seeds w/ String Cheese & Baby Carrots	Penne & Meat Sauce w/ Diced Carrots Italian Turkey Trio on Hoagie w/ Baby Carrots Cheese Pizza Kit Cheese Lasagna w/ Marinara	Orange Chicken & Not So Fried Rice w/ Diced Carrots Chicken Caesar Salad with Dinner Roll & Croutons Turkey & Cheese Cracker Kit w/ Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll Southwest Chicken Salad w/ WG Dinner Roll	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
13	14	15	16	17
Crispy Chicken Sandwich Turkey & Cheese Torta Sandwich Soy Veggie Burger Sunflower Seeds w/ String Cheese & Baby Carrots	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Cheese Tamale w/ Black Beans Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots	Chicken Noodle Soup w/ Wheat Crackers PB&J Sandwich Kit (Seedbutter) w/ Baby Carrots Chicken Caprese Salad w/ WG Dinner Roll	Turkey Nachos w/ Refried Beans & Tostitos Chips Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
20	21	22	23	24
MLK NO SCHOOL	Penne & Meat Sauce w/ Diced Carrots Italian Turkey Trio on Hoagie w/ Baby Carrots Cheese Lasagna w/ Marinara Egg Salad Sandwich w/ Baby Carrots	Chicken Caesar Salad with Dinner Roll & Croutons Turkey & Cheese Cracker Kit w/ Baby Carrots Chicken Bites w/ Mashed Potatoes Sunflower Seeds w/ String Cheese & Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll Southwest Chicken Salad w/ WG Dinner Roll	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
27	28	29	30	31
Hot Dog w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes Sunflower Seeds w/ String Cheese & Baby Carrots Turkey & Cheese Sandwich on Pretzel Bun	Hummus, Flatbread & Egg Kit w/ Baby Carrots Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots	Chicken Noodle Soup w/ Wheat Crackers Chicken Bites w/ Mashed Potatoes PB&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Tostitos Chips Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit 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),Side of Oven Baked Fries (1/2 C),Side of Oven Baked Fries (3/4 C),Side of Diced Potatoes (3/4 C) Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Chickpeas Thursday:Cucumber Slices (1/4 C) w/ Tajin,Celery Sticks (1/4 C) Friday:Side Salad - Lettuce, Carrot,	100% Fruit Juice 4 oz,Halo Mandarin Oranges 2ea (1/2 C),Raisins (1/2 C),Apple (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	
				

January Breakfast

East Menu



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WINTER BREAK				
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Berry Apple Crisp Bar, Fruit & Milk	Blueberry Muffin Froot Loops Cereal w/ Honey Grahams	Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams	Mantecada Muffin Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Froot Loops Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle
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Cinnamon Crumble Cinnamon Chex Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Fruit & Yogurt Smoothie w/ Granola Waffle w/ Syrup	Banana Bread Cheerios Cereal w/ Honey Froot Loops Cereal w/ Honey Grahams	Chocolate Chip Muffin Top Cinnamon Chex Cereal w/ Honey Grahams Breakfast Burrito	Maple Beef Sausage & Pancake Sandwich Apple Jacks Cereal w/ Honey Grahams
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January Lunch

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Hot Dog w/ Oven Baked Fries Turkey & Cheese Sub Sandwich Sunflower Seeds w/ String Cheese & Baby Carrots	Penne & Meat Sauce w/ Diced Carrots Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli Italian Turkey Trio on Hoagie w/ Baby Carrots Cheese Pizza Kit	Chicken Caesar Salad with Dinner Roll & Croutons Turkey & Cheese Cracker Kit w/ Baby Carrots Sunflower Seeds w/ String Cheese & Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll Southwest Chicken Salad w/ WG Dinner Roll Orange Chicken & Not So Fried Rice w/ Diced Carrots	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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Crispy Chicken Sandwich Cheeseburger Turkey & Cheese Torta Sandwich Sunflower Seeds w/ String Cheese & Baby Carrots	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots	Chicken Noodle Soup w/ Wheat Crackers PB&J Sandwich Kit (Seedbutter) w/ Baby Carrots Chicken Caprese Salad w/ WG Dinner Roll	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Tostitos Chips Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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MLK NO SCHOOL	Penne & Meat Sauce w/ Diced Carrots Italian Turkey Trio on Hoagie w/ Baby Carrots Cheese Lasagna w/ Marinara	Chicken Caesar Salad with Dinner Roll & Croutons Turkey & Cheese Cracker Kit w/ Baby Carrots Sunflower Seeds w/ String Cheese & Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll Beef Birria Tacos w/ Tajin Corn	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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Hot Dog w/ Oven Baked Fries Turkey & Cheese Sub Sandwich Sunflower Seeds w/ String Cheese & Baby Carrots	Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Cheese Tamale w/ Black Beans	Chicken Noodle Soup w/ Wheat Crackers PB&J Sandwich Kit (Seedbutter) w/ Baby Carrots Chicken Salad Sandwich w/ Baby Carrots	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Tostitos Chips Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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