

October Breakfast

WEST



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Croissant w/ Grape Jelly Cinnamon Chex Cereal w/ Honey Grahams Oatmeal w/ Blueberries	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Maple Pancakes
5	6	7	8	9
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)	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes
12	13	14	15	16
Bagel w/ Cream Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie	Conchita w/ String Cheese Cinnamon Chex Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Banana Muffin Cocoa Orbits Bites (Chocolate Puffed Cereal)	Berry Apple Zee Zee Bar Cheerios Cereal w/ Honey Grahams	NO SCHOOL
19	20	21	22	23
Shelf Stable - Berry Apple Crisp Bar, Fruit & Milk Corn Chex Cereal, Honey Grahams, Dried Cranberries	Yogurt w/ String Cheese CinniPuffs (Maple Cinnamon Puffed Cereal) Mini Maple Pancakes	Fruit & Yogurt Smoothie w/ Granola Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Sausage & Cheese Stuffed Waffle	Blueberry Muffin Cheerios Cereal w/ Honey Grahams Mini Strawberry Pancakes
26	27	28	29	30
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

<i>Breakfast Includes:</i>	<i>Featured Fruit:</i>	<i>RevUp Rewards:</i>
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	Banana (1/2 C), Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (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



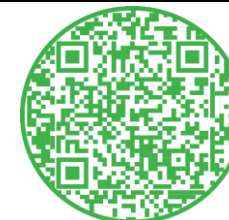
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Bean & Cheese Pupusa w/ Pinto Beans Cheese Tamale w/ Black Beans Turkey & Cheese Sandwich	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
5	6	7	8	9
Chicken Bites w/ Mashed Potatoes Soy Veggie Burger w/ Potato Wedges Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Cheese Lasagna w/ Marinara Beef & Cheese Taco Stick w/ Baby Carrots Yogurt w/ String Cheese, Granola & Baby Carrots	Chicken Alfredo Pasta w/ Seasoned Peas Cheese Pizza Kit	Grilled Cheese Sandwich Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
12	13	14	15	16
Bean & Cheese Burrito w/ Corn Tajin Orange Chicken with Brown Rice, Peas Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Parm Pizza Bites w/ Marinara Dipping Sauce Seedbutter w/ String Cheese, Wheat Crackers, & Baby Carrots Italian Turkey Trio on Hoagie w/ Baby Carrots	Chicken Dumplings w/ Mixed Veggies Mac & Cheese w/ Mixed Vegetables P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll Bean & Cheese Pupusa w/ Pinto Beans Turkey & Cheese Sandwich	NO SCHOOL
19	20	21	22	23
Cheeseburger w/ Oven Baked Fries Grilled Cheese Sandwich w/ Baby Carrots Buffalo Chicken Sticks & Smoked Gouda Dip, Wheat Crackers, Craisins	Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots Cheese Pizza Kit	Parm Pizza Bites w/ Marinara Dipping Sauce Grilled Cheese Sandwich w/ Baby Carrots Firecracker Chicken Dumplings & Peas Asian Chicken Salad w/ WG Crispy	Cheese Tamale w/ Black Beans Turkey Nachos w/ Refried Beans & Tortilla Chips Wowbutter Jelly Sandwich	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
26	27	28	29	30
Chicken Bites w/ Mashed Potatoes Soy Veggie Burger w/ Potato Wedges Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Cheese Lasagna w/ Marinara Beef & Cheese Taco Stick w/ Baby Carrots 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/ Seasoned Peas Cheese Pizza Kit	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich	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	Thursday:Jicama Slices (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C) Monday:Baby Carrots (1/4 C) Tuesday:Celery Sticks (1/4 C) Wednesday:Cucumber Slices (1/4 C)	Peach (1/2 C),100% Fruit Juice 4 oz,Plum (1/2 C),Banana (1/2 C),Pear (1/2 C),Apple (1/2 C),Persimmon (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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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) Oatmeal w/ Blueberries	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes
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Bagel w/ Cream Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie	Conchita w/ String Cheese Cinnamon Chex Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Banana Muffin Cocoa Orbits Bites (Chocolate Puffed Cereal)	Berry Apple Zee Zee Bar Cheerios Cereal w/ Honey Grahams	NO SCHOOL
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Cinnamon Chex Cereal w/ Honey Grahams Cheerios Cereal w/ Honey Grahams Vanilla Concha	Yogurt w/ String Cheese CinniPuffs (Maple Cinnamon Puffed Cereal) Mini Maple Pancakes	Fruit & Yogurt Smoothie w/ Granola Honey Bunches of Oats Cereal w/ Honey Grahams	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Sausage & Cheese Stuffed Waffle	Blueberry Muffin Cheerios Cereal w/ Honey Grahams Mini Strawberry Pancakes
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OCTOBER LUNCH

EAST



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Chicken Bites w/ Mashed Potatoes Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Cheese Lasagna w/ Marinara Beef & Cheese Taco Stick w/ Baby Carrots 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/ Seasoned Peas	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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Bean & Cheese Burrito w/ Corn Tajin Orange Chicken with Brown Rice, Peas Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Parm Pizza Bites w/ Marinara Dipping Sauce Italian Turkey Trio on Hoagie w/ Baby Carrots	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 Turkey & Cheese Sandwich	NO SCHOOL
19	20	21	22	23
Cheeseburger w/ Oven Baked Fries Grilled Cheese Sandwich w/ Baby Carrots Buffalo Chicken Sticks & Smoked Gouda Dip, Wheat Crackers, Craisins,	Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots Cheese Pizza Kit	Parm Pizza Bites w/ Marinara Dipping Sauce Grilled Cheese Sandwich w/ Baby Carrots Asian Chicken Salad w/ WG Crispy Noodles	Cheese Tamale w/ Black Beans Turkey Nachos w/ Refried Beans & Tortilla Chips Firecracker Chicken Dumplings & Peas	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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Chicken Bites w/ Mashed Potatoes Soy Veggie Burger w/ Potato Wedges Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	Cheese Lasagna w/ Marinara Beef & Cheese Taco Stick w/ Baby Carrots Chicken Salad Sandwich w/ Baby Carrots Yogurt w/ String Cheese, Granola & Baby Carrots	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Bean & Cheese Pupusa w/ Curtido Salad	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich Chicken Alfredo Pasta w/ Seasoned Peas	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
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