

UNITIZED
BREAKFAST

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> • multigrain cheerios / mini dipperdoodle bar (df) • zac omega blackberry bar (df) 	<p>2</p> <ul style="list-style-type: none"> • cinnamon crumble • blueberry bagel w/ cream cheese 	<p>3</p> <ul style="list-style-type: none"> • zee zee cinnamon crisp bar (df) • mini dipperdoodle bar / string cheese 	<p>4</p> <ul style="list-style-type: none"> • plain bagel w/ cream cheese • french toast muffin 	<p>5</p> <ul style="list-style-type: none"> • yogurt / educational snacks • cinnamon raisin bagel w/ cream cheese
<p>8</p> <ul style="list-style-type: none"> • zee zee berry apple crisp bar (df) • cinnamon grahams / cinnamon rumbles 	<p>9</p> <ul style="list-style-type: none"> • cinnamon chex / zac attack strawberry bar (df) • dipperdoodle bar (df) 	<p>10</p> <ul style="list-style-type: none"> • blueberry muffin • string cheese / cinnamon grahams 	<p>11</p> <ul style="list-style-type: none"> • cinnamon crumble • zac omega strawberry bar(df) 	<p>12</p> <ul style="list-style-type: none"> • plain bagel w/ cream cheese • zee zee cinnamon crisp bar (df)
<p>15</p> <ul style="list-style-type: none"> • zac omega blackberry bar (df) • yogurt / educational snacks 	<p>16</p> <ul style="list-style-type: none"> • blueberry bagel w/ cream cheese • cinnamon grahams/ cinnamon rumbles 	<p>17</p> <ul style="list-style-type: none"> • banana muffin • yogurt / granola 	<p>18</p> <ul style="list-style-type: none"> • french toast muffin / string cheese • zee zee cinnamon crisp bar (df) 	<p>19</p> <ul style="list-style-type: none"> • yogurt / honey grahams • plain bagel w/ cream cheese
<p>22</p> <ul style="list-style-type: none"> • zee zee berry apple crisp bar (df) • dipperdoodle bar (df) 	<p>23</p> <ul style="list-style-type: none"> • french toast muffin • cheesy bagel sandwich 	<p>24</p> <ul style="list-style-type: none"> • cinnamon raisin bagel w/ cream cheese & jelly • zac omega strawberry bar (df) 	<p>25</p> <ul style="list-style-type: none"> • cheerios / mini dipperdoodle bar (df) • string cheese / cinnamon grahams 	<p>26</p> <ul style="list-style-type: none"> • yogurt / educational snacks • blueberry muffin
<p>29</p> <ul style="list-style-type: none"> • multigrain cheerios / mini dipperdoodle bar (df) • zac omega blackberry bar (df) 	<p>30</p> <ul style="list-style-type: none"> • mini french toast muffin / string cheese • blueberry bagel w/ cream cheese 	<p>31</p> <ul style="list-style-type: none"> • zee zee cinnamon crisp bar (df) • corn chex/ zac attack strawberry bar (df) 		

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> • snow flurries cereal (df) • zac omega blackberry bar (df) 	<p>2</p> <ul style="list-style-type: none"> • HOT breakfast ranchero scoops (vg) • cinnamon crumble • blueberry bagel w/ cream cheese 	<p>3</p> <ul style="list-style-type: none"> • HOT egg & sausage quesadilla • zee zees cinnamon crisp bar (df) • mini dipperdoodle bar / string cheese 	<p>4</p> <ul style="list-style-type: none"> • HOT french toast, maple turkey sausage, & egg • plain bagel w/ cream cheese • French toast muffin 	<p>5</p> <ul style="list-style-type: none"> • yogurt / educational snacks • cinnamon raisin bagel w/ cream cheese
<p>8</p> <ul style="list-style-type: none"> • zee zee berry apple crisp bar (df) • cinnamon grahams / cinnamon rumbles 	<p>9</p> <ul style="list-style-type: none"> • HOT egg & cheese brekwich (vg) • cocoa critters cereal (df) • dipperdoodle bar (df) 	<p>10</p> <ul style="list-style-type: none"> • HOT french toast sticks (vg) • blueberry muffin • string cheese / cinnamon grahams 	<p>11</p> <ul style="list-style-type: none"> • HOT pancakes w/ syrup (vg) • cinnamon crumble • zac omega strawberry bar (df) 	<p>12</p> <ul style="list-style-type: none"> • plain bagel w/ cream cheese • zee zees cinnamon crisp bar (df)
<p>15</p> <ul style="list-style-type: none"> • honey buttons cereal (df) • yogurt / educational snacks 	<p>16</p> <ul style="list-style-type: none"> • HOT turkey, cheddar, & omelet gordita • blueberry bagel w/ cream cheese • cinnamon grahams/ cinnamon rumbles 	<p>17</p> <ul style="list-style-type: none"> • HOT cinnamon toast bagel (vg) • banana muffin • zac omega strawberry bar (df) 	<p>18</p> <ul style="list-style-type: none"> • HOT omelet w/ cheese (vg) • french toast muffin / string cheese • cocoa critters cereal (df) 	<p>19</p> <ul style="list-style-type: none"> • yogurt / honey grahams • plain bagel w/ cream cheese
<p>22</p> <ul style="list-style-type: none"> • dipperdoodle bar (df) • snow flurries cereal (df) 	<p>23</p> <ul style="list-style-type: none"> • HOT pepper jack cheese & omelet gordita (vg) • french toast muffin • cheesy bagel sandwich 	<p>24</p> <ul style="list-style-type: none"> • HOT french toast sticks (vg) • cinnamon raisin bagel w/ cream cheese • zac omega bar strawberry bar (df) 	<p>25</p> <ul style="list-style-type: none"> • HOT peach pancake bowl (vg) • honey buttons cereal (df) • string cheese / cinnamon grahams 	<p>26</p> <ul style="list-style-type: none"> • yogurt / educational snacks • blueberry muffin
<p>29</p> <ul style="list-style-type: none"> • multigrain cheerios / mini dipperdoodle bar (df) • zac omega bar blackberry bar (df) 	<p>30</p> <ul style="list-style-type: none"> • HOT omelet w/ cheese (vg) • mini french toast muffin / string cheese • snow flurries cereal (df) 	<p>31</p> <ul style="list-style-type: none"> • HOT buenos dias breakfast burrito (vg) • zee zees cinnamon crisp bar (df) • corn chex/ zac attack strawberry bar (df) 		

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OCTOBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • bean & cheese pupusa (vg) ○ coleslaw	2 • crispy chicken sandwich (df) ○ baby carrots	3 • chicken bites ○ broccoli w/ ranch	4 • hot dog (df) ○ chili citrus corn	5 • buffalo chicken crunchadilla ○ pinto beans and broccoli
8 • oven roasted chicken sandwich (df) ○ broccoli & carrot salad	9 • fiesta scoops w/ three layer dip (vg) ○ island glazed carrots	10 • popcorn chicken bites w/ bbq bean sauce ○ steamed corn	11 • chili citrus drumstick w/ rice (df) ○ green beans w/ ranch	12 • chicken enchiladas • baby carrots & edamame
15 • bean & cheese pupusa (vg) ○ broccoli w/ ranch	16 • spaghetti marinara w/ mozzarella (vg) ○ grape tomatoes & black beans	17 • chicken bites ○ glazed carrots	18 • hot dog (df) ○ cucumber & tomato salad	19 • chicken tamale (df) ○ chili citrus corn
22 • spaghetti & meatballs (df) ○ green beans	23 • chicken salad sandwich (df) ○ pinto beans & broccoli	24 • flame broiled cheeseburger ○ chopped lettuce & sliced tomatoes w/ ranch	25 • baked mac & cheese w/ bbq steamed corn	26 • turkey & cheddar sandwich ○ island glazed carrots
29 • kung pao chicken ○ baby carrots	30 • hot dog (df) ○ broccoli & carrot salad	31 • cheese pizza (vg) ○ green beans w/ ranch		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

OCTOBER NSLP SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • yogurt • goldfish pretzels	2 • ranch rumbles • honey wheat crackers	3 • blazin' hot sunflower seeds • string cheese	4 • goldfish pretzels • honey grahams	5 • honey wheat crackers • goldfish cheddar crackers
8 • string cheese • ranch rumbles	9 • goldfish cheddar "colors" • yogurt	10 • cinnamon rumbles • honey grahams	11 • educational snacks • sunflower seeds	12 • honey wheat crackers • goldfish pretzels
15 • goldfish cheddar crackers • sunflower seeds	16 • educational snacks • goldfish cheddar "colors"	17 • cinnamon grahams • honey wheat crackers	18 • ranch rumbles • honey grahams	19 • educational snacks • zac attack apple bar
22 • honey wheat crackers • honey grahams	23 • cinnamon rumbles • goldfish pretzels / string cheese	24 • honey wheat crackers • ranch rumbles	25 • educational snacks • goldfish cheddar "colors"	26 • goldfish cheddar "hot & spicy" crackers • cinnamon rumbles
29 • goldfish pretzels • yogurt	30 • string cheese • honey wheat crackers	31 • blazin' hot sunflower seeds • honey grahams		

DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our *new* website at revolutionfoods.com

Snack: fresh fruit available daily except when Sunbutter, string cheese or juice is served.

OCTOBER SUPPER FULL FRESH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> • cheese pizza (vg) • turkey & cheddar sandwich • cheddar goldfish, RF crackers, string cheese, & sunflower seeds kit 	<p>2</p> <ul style="list-style-type: none"> • flame broiled beef burger (df) • taco dippers kit (vg) • garden ranch salad w/ chicken 	<p>3</p> <ul style="list-style-type: none"> • mac & cheese w/ broccoli • island chicken wrap w/ caribbean sauce (df) • chicken salad sandwich (df) 	<p>4</p> <ul style="list-style-type: none"> • cheesy pizza bites (vg) • egg salad sandwich (vg)(df) • chicken ranch wrap 	<p>5</p> <ul style="list-style-type: none"> • beefy bean & cheese burrito • chicken caesar salad • southwest veggie wrap (vg)
<p>8</p> <ul style="list-style-type: none"> • crispy chicken sandwich (df) • egg salad sandwich (vg) (df) • chicken & mozzarella wrap w/ honey mustard 	<p>9</p> <ul style="list-style-type: none"> • chicken bites (df) • mighty meaty deli combo sandwich • goldfish colors, RF crackers, yogurt, sunflower seeds kit 	<p>10</p> <ul style="list-style-type: none"> • spaghetti & meatballs (df) • buffalo chicken flatbread • veggie chef's salad (vg) 	<p>11</p> <ul style="list-style-type: none"> • cheesy chicken quesadilla • cheddar cheese sandwich (vg) • chicken salad sandwich (df) 	<p>12</p> <ul style="list-style-type: none"> • hot dog (df) • southwest chicken wrap • hummus dippers (vg)
<p>15</p> <ul style="list-style-type: none"> • chicken gumbo & cornbread • turkey & cheddar sandwich • cheddar goldfish, RF crackers, string cheese, sunflower seeds kit 	<p>16</p> <ul style="list-style-type: none"> • chicken tamale (df) • bbq chicken slider • cheddar cheese sandwich (vg) 	<p>17</p> <ul style="list-style-type: none"> • creamy chicken alfredo • chicken salad sandwich (df) • veggie taco salad (vg) 	<p>18</p> <ul style="list-style-type: none"> • cheesy chicken quesadilla • garden ranch salad w/ chicken • egg salad sandwich (vg) (df) 	<p>19</p> <ul style="list-style-type: none"> • firecracker chicken w/ sesame noodles • southwest chicken wrap • taco dippers kit (vg)
<p>22</p> <ul style="list-style-type: none"> • flame broiled beef burger (df) • chicken caesar salad • cheddar cheese sandwich (vg) 	<p>23</p> <ul style="list-style-type: none"> • spaghetti & meatballs (df) • buffalo chicken flatbread • hummus dippers (vg) 	<p>24</p> <ul style="list-style-type: none"> • cheese enchiladas (vg) • teriyaki glazed chicken sandwich • southwest veggie wrap (vg) 	<p>25</p> <ul style="list-style-type: none"> • hot dog (df) • egg salad sandwich (vg) (df) • sesame chicken wrap (df) 	<p>26</p> <ul style="list-style-type: none"> • popcorn chicken bites w/ bbq bean sauce • veggie chef's salad (vg) • chicken salad sandwich (df)
<p>29</p> <ul style="list-style-type: none"> • bbq "beef" vegan calzoni (df)(vg) • turkey ranch wrap • veggie chef's salad (vg) 	<p>30</p> <ul style="list-style-type: none"> • pepper jack cheeseburger • cheddar cheese sandwich (vg) • chillin' Chinese chicken noodles (df) 	<p>31</p> <ul style="list-style-type: none"> • mac & cheese w/ broccoli (vg) • bbq chicken wrap • garden ranch salad w/ chicken 		

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Supper: choice of 1% or fat free milk; fresh fruit available daily.

Dairy-free (df) and Vegetarian (V) options available daily – if not listed on the menu, available upon request.

GRAB & GO
OCTOBER SUPPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> cheese please pizza chef kit (vg) goldfish pretzels / string cheese / sunflower seeds / carrots 	2 <ul style="list-style-type: none"> grilled chicken bites w/ ketchup (df) ranch rumbles / string cheese / sunflower seeds / carrots 	3 <ul style="list-style-type: none"> sweet garlic noodles w/ chicken cinnamon grahams / sunbutter / string cheese / celery 	4 <ul style="list-style-type: none"> bbq chicken slider w/ lettuce (df) educational snacks / sunflower seeds / string cheese / carrots 	5 <ul style="list-style-type: none"> turkey slider w/ sunflower seeds & carrots hot & spicy goldfish / string cheese / sunflower seeds / carrots
8 <ul style="list-style-type: none"> chicken salad slider w/ broccoli goldfish pretzels / string cheese / sunflower seeds / carrots 	9 <ul style="list-style-type: none"> ham slider w/ carrots honey wheat crackers / sunbutter / string cheese / celery 	10 <ul style="list-style-type: none"> sir racha's chicken slider cheddar goldfish / sunflower seeds / string cheese / carrots 	11 <ul style="list-style-type: none"> chicken picnic pasta salad ranch rumbles / string cheese / sunflower seeds/ carrots 	12 <ul style="list-style-type: none"> cheese slider w/ sunflower seeds & cucumbers (vg) educational snacks / sunflower seeds / string cheese / carrots
15 <ul style="list-style-type: none"> popcorn chicken bites w/ buffalo sauce ranch rumbles / string cheese/ sun seeds/ carrots 	16 <ul style="list-style-type: none"> chicken salad slider w/ broccoli goldfish pretzels / sunbutter/ string cheese / celery 	17 <ul style="list-style-type: none"> cheese please pizza chef kit (vg) educational snacks / sunflower seeds / string cheese/ carrots 	18 <ul style="list-style-type: none"> honey mustard chicken slider (df) goldfish pretzels / string cheese / sunflower seeds / carrots 	19 <ul style="list-style-type: none"> bbq chicken slider w/ lettuce (df) honey wheat crackers / sunbutter / string cheese / celery
22 <ul style="list-style-type: none"> teriyaki glazed chicken educational snacks / sunflower seeds / string cheese / carrots 	23 <ul style="list-style-type: none"> chicken salad slider w/ broccoli ranch rumbles / string cheese / sunflower seeds / carrots 	24 <ul style="list-style-type: none"> cheese slider w/ sunflower seeds & cucumbers cheddar goldfish / sunflower seeds / string cheese/ carrots 	25 <ul style="list-style-type: none"> ham slider w/ carrots honey wheat crackers / sunbutter / string cheese / celery 	26 <ul style="list-style-type: none"> turkey slider w/ sunflower seeds & carrots cinnamon grahams / sunbutter / string cheese / celery
29 <ul style="list-style-type: none"> chicken salad slider w/ broccoli ranch rumbles / string cheese / sunflower seeds / carrots 	30 <ul style="list-style-type: none"> cheese please pizza chef kit (vg) educational snacks / sunflower seeds / string cheese / carrots 	31 <ul style="list-style-type: none"> popcorn chicken w/ buffalo sauce hot & spicy goldfish / string cheese / sunflower seeds / carrots 		

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