

SEPTEMBER

BREAKFAST

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 • No School	3 • string cheese/cinnamon grahams	4 • blueberry burst whole grain bagel/cream cheese	5 • banana muffin/fruit	6 • yogurt/granola
9 • cheerios/animal crackers	10 • breakfast cinnamon crumble	11 • plain wheat bagel/cream cheese	12 • blueberry muffin	13 • mini french toast muffin & string cheese
16 • dipperdoodle bar	17 • autumn spice muffin	18 • plain whole wheat bagel/cream cheese	19 • blueberry muffin	20 • cinnamon chex/educational snacks
23 • Zee zee cinnamon crisp bar	24 • corn chex/educational snacks	25 • plain wheat bagel/cream cheese	26 • french toast muffin	27 • blueberry bagel/cream cheese
30 • dipperdoodle bar				

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!

revolution foods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

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

STUDENT FAVORITE ★

SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> • NO SCHOOL 	<p>3</p> <ul style="list-style-type: none"> • Philly cheesesteak sandwich • Italian calzoni (VG) • pinto beans 	<p>4</p> <ul style="list-style-type: none"> • pepperoni pizza • sliced cucumber 	<p>5</p> <ul style="list-style-type: none"> • classic chicken parm pasta • cheesy pizza bite meal (VG) • steamed corn 	<p>6</p> <ul style="list-style-type: none"> • hot dog (DF) • blanched broccoli florets w/ ranch
<p>9</p> <ul style="list-style-type: none"> • cheesy BEEF & salsa nacho dip with scoops • cheese pizza panada pie (VG) • seasoned green beans 	<p>10</p> <ul style="list-style-type: none"> • chicken bites • cheeseburger • glazed carrots 	<p>11</p> <ul style="list-style-type: none"> • pepperoni pizza • seasoned garbanzo beans & blanched broccoli florets 	<p>12</p> <ul style="list-style-type: none"> • Philly cheesesteak calzoni (VG) • penne pasta w/ meat sauce (DF) • chopped lettuce & sliced tomatoes w/ ranch 	<p>13</p> <ul style="list-style-type: none"> • hot dog (DF) • steamed corn
<p>16</p> <ul style="list-style-type: none"> • bean & cheese pupusa (VG) • seasoned green beans 	<p>17</p> <ul style="list-style-type: none"> • baked mac & cheese & chicken bites • bbq rib sandwich • green peas 	<p>18</p> <ul style="list-style-type: none"> • pepperoni pizza • baby carrots w/ ranch 	<p>19</p> <ul style="list-style-type: none"> • spaghetti & meatballs (DF) • corn dogs • pinto beans 	<p>20</p> <ul style="list-style-type: none"> • hot dog (DF) • broccoli & carrot salad
<p>23</p> <ul style="list-style-type: none"> • tamale (mild green chili & cheese) (VG) • chili citrus corn 	<p>24</p> <ul style="list-style-type: none"> • spicy popcorn chicken sandwich • bbq rib sandwich • steamed carrots 	<p>25</p> <ul style="list-style-type: none"> • pepperoni pizza • seasoned garbanzo beans • steamed corn 	<p>26</p> <ul style="list-style-type: none"> • cheesy beef & salsa nacho dip w/ scoops • chopped lettuce & sliced tomatoes w/ ranch 	<p>27</p> <ul style="list-style-type: none"> • pancakes w/ sausage • buffalo chicken wrap • coleslaw
<p>30</p> <ul style="list-style-type: none"> • chicken enchiladas • bbq "beef" vegan calzoni (VG) (DF) • baby carrots 				

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 website at www.revolutionfoods.com



This institution is an equal opportunity provider. All grains offered are whole-grain rich.

DAIRY-FREE (DF) VEGETARIAN (V)
 options available daily – if not listed on the menu, available upon request.

VEGETABLE OF THE DAY

STUDENT FAVORITE ★

SEPTEMBER

GRAB N GO SUPPER

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> No School 2 	<ul style="list-style-type: none"> ranch rumbles/string cheese/sun seeds/carrots kit 3 	<ul style="list-style-type: none"> honey wheat crackers/sunbutter/string cheese/celery kit 4 	<ul style="list-style-type: none"> cheddar goldfish/sun seeds/string cheese/carrots 5 	<ul style="list-style-type: none"> cinn grahams/sunbutter/string cheese/celery kit 6
<ul style="list-style-type: none"> educational snacks/sun seeds/string cheese/carrots 9 	<ul style="list-style-type: none"> goldfish pretzels/string cheese/sun seeds/carrots 10 	<ul style="list-style-type: none"> honey wheat crackers/sunbutter/string cheese/celery 11 	<ul style="list-style-type: none"> cinn grahams/sunbutter/string cheese/celery 12 	<ul style="list-style-type: none"> cheddar goldfish/sun seeds/string cheese/carrots 13
<ul style="list-style-type: none"> goldfish pretzels/string cheese/sun seeds/carrots 16 	<ul style="list-style-type: none"> ranch rumbles/string cheese/sun seeds/carrots 17 	<ul style="list-style-type: none"> honey wheat crackers/sunbutter/string cheese/celery 18 	<ul style="list-style-type: none"> cheddar goldfish/sun seeds/string cheese/carrots 19 	<ul style="list-style-type: none"> honey wheat crackers/sunbutter/string cheese/celery 20
<ul style="list-style-type: none"> educational snacks/sun seeds/string cheese/carrots 23 	<ul style="list-style-type: none"> goldfish pretzels/string cheese/sun seeds/carrots 24 	<ul style="list-style-type: none"> honey wheat crackers/sunbutter/string cheese/celery 25 	<ul style="list-style-type: none"> cinn grahams/sunbutter/string cheese/celery 26 	<ul style="list-style-type: none"> cheddar goldfish/sun seeds/string cheese/carrots 27
<ul style="list-style-type: none"> goldfish pretzels/string cheese/sun seeds/carrots 30 				

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VEGETARIAN (V) options available daily – if not listed on the menu, available upon request.

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

STUDENT FAVORITE

