

SEPTEMBER

BREAKFAST

High School

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"> string cheese/cinnamon grahams Breakfast Tacos 	<p>4</p> <ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese Breakfast Tacos 	<p>5</p> <ul style="list-style-type: none"> banana muffin/fruit Breakfast Tacos 	<p>6</p> <ul style="list-style-type: none"> yogurt/granola Breakfast Tacos
<p>9</p> <ul style="list-style-type: none"> cheerios/animal crackers Breakfast Tacos 	<p>10</p> <ul style="list-style-type: none"> breakfast cinnamon crumble Breakfast Tacos 	<p>11</p> <ul style="list-style-type: none"> plain wheat bagel/cream cheese Breakfast Tacos 	<p>12</p> <ul style="list-style-type: none"> blueberry muffin Breakfast Tacos 	<p>13</p> <ul style="list-style-type: none"> mini french toast muffin & string cheese Breakfast Tacos
<p>16</p> <ul style="list-style-type: none"> dipperdoodle bar Breakfast Tacos 	<p>17</p> <ul style="list-style-type: none"> autumn spice muffin Breakfast Tacos 	<p>18</p> <ul style="list-style-type: none"> plain whole wheat bagel/cream cheese Breakfast Tacos 	<p>19</p> <ul style="list-style-type: none"> blueberry muffin Breakfast Tacos 	<p>20</p> <ul style="list-style-type: none"> cinnamon chex/educational snacks Breakfast Tacos
<p>23</p> <ul style="list-style-type: none"> Zee zee cinnamon crisp bar Breakfast Tacos 	<p>24</p> <ul style="list-style-type: none"> corn chex/educational snacks Breakfast Tacos 	<p>25</p> <ul style="list-style-type: none"> plain wheat bagel/cream cheese Breakfast Tacos 	<p>26</p> <ul style="list-style-type: none"> french toast muffin Breakfast Tacos 	<p>27</p> <ul style="list-style-type: none"> blueberry bagel/cream cheese Breakfast Tacos
<p>30</p> <ul style="list-style-type: none"> dipperdoodle bar Breakfast Tacos 				

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

LUNCH

High School

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

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

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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

High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> goldfish pretzels/string cheese/sun seeds/carrots kit 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
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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

