

OCTOBER

BREAKFAST

HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> Breakfast Tacos autumn spice muffin <p>1</p>	<ul style="list-style-type: none"> hot cornbread & egg omelet (VG) blueberry burst bagel/cream cheese Breakfast Tacos <p>2</p>	<ul style="list-style-type: none"> lemon muffin Breakfast Tacos <p>3</p>	<ul style="list-style-type: none"> No School <p>4</p>
<ul style="list-style-type: none"> No School <p>7</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>8</p>	<ul style="list-style-type: none"> plain bagel/cream cheese Breakfast Tacos <p>9</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>10</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>11</p>
<ul style="list-style-type: none"> No School (Staff Work Day) <p>14</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>15</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>16</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>17</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>18</p>
<ul style="list-style-type: none"> Breakfast Tacos <p>21</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>22</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>23</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>24</p>	<ul style="list-style-type: none"> Breakfast Tacos <p>25</p>
<ul style="list-style-type: none"> cinnamon chex <p>28</p>	<ul style="list-style-type: none"> hot pancakes w/ syrup (VG) <p>29</p>	<ul style="list-style-type: none"> corn chex/giant cinnamon goldfish grahams (DF) (VG) <p>30</p>	<ul style="list-style-type: none"> lemon muffin <p>31</p>	

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 ★

OCTOBER

LUNCH

HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <ul style="list-style-type: none"> philly cheesesteak sandwich bbq meatballs w/ cheesy rice pinto beans 	<p>2</p> <ul style="list-style-type: none"> pepperoni pizza cheese pizza (VG) sliced cucumber 	<p>3</p> <ul style="list-style-type: none"> classic chicken parm pasta cheesy pizza bite meal (VG) steamed corn 	<p>4</p> <ul style="list-style-type: none"> No School
<p>7</p> <ul style="list-style-type: none"> No School 	<p>8</p> <ul style="list-style-type: none"> chicken bites bean & cheese burrito (VG) glazed carrots 	<p>9</p> <ul style="list-style-type: none"> pepperoni pizza cheese pizza (VG) seasoned garbanzo beans 	<p>10</p> <ul style="list-style-type: none"> Italian calzoni (VG) penne pasta w/ meat sauce (DF) lettuce & sliced tomatoes w/ ranch 	<p>11</p> <ul style="list-style-type: none"> revolution hot dog (DF) steamed corn
<p>14 (Staff Work Day)</p> <ul style="list-style-type: none"> No School 	<p>15</p> <ul style="list-style-type: none"> mac & cheese & chicken bites bbq rib sandwich green peas 	<p>16</p> <ul style="list-style-type: none"> pepperoni pizza cheese pizza (VG) baby carrots w/ ranch 	<p>17</p> <ul style="list-style-type: none"> classic spaghetti & meatballs (DF) NEW! chicken corn dogs pinto beans 	<p>18</p> <ul style="list-style-type: none"> revolution hot dog (DF) cheesy ravioli (VG) broccoli & carrot salad
<p>21</p> <ul style="list-style-type: none"> chili cheese tamale (DF) chili citrus corn 	<p>22</p> <ul style="list-style-type: none"> creamy pasta alfredo (VG) beef cheeseburger steamed carrots 	<p>23</p> <ul style="list-style-type: none"> pepperoni pizza cheese pizza (VG) seasoned garbanzo beans 	<p>24</p> <ul style="list-style-type: none"> cheesy beef & salsa nacho dip w/ scoops lettuce & sliced tomatoes w/ ranch 	<p>25</p> <ul style="list-style-type: none"> pancakes w/ sausage coleslaw
<p>28</p> <ul style="list-style-type: none"> chicken enchiladas baby carrots 	<p>29</p> <ul style="list-style-type: none"> bbq meatballs w/ cheesy rice pinto beans 	<p>30</p> <ul style="list-style-type: none"> pepperoni pizza sliced cucumber 	<p>31</p> <ul style="list-style-type: none"> classic chicken parm pasta cheesy pizza bite meal (VG) steamed corn 	

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.

Choice of 1% or fat-free milk; fresh fruit available daily.

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

VEGETABLE OF THE DAY

STUDENT FAVORITE ★

OCTOBER



HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> GNG ranch rumbles/string cheese/sun seeds/carrots kit <p>1</p>	<ul style="list-style-type: none"> GNG RF honey wheat crackers/sunbutter/string cheese/celery kit <p>2</p>	<ul style="list-style-type: none"> GNG cheddar goldfish/sun seeds/string cheese/carrots kit <p>3</p>	<ul style="list-style-type: none"> No School <p>4</p>
<ul style="list-style-type: none"> No School <p>7</p>	<ul style="list-style-type: none"> GNG goldfish pretzels/string cheese/sun seeds/carrots kit <p>8</p>	<ul style="list-style-type: none"> GNG RF honey wheat crackers/sunbutter/string cheese/celery kit <p>9</p>	<ul style="list-style-type: none"> GNG cinn grahams/sunbutter/string cheese/celery kit <p>10</p>	<p>11</p>
<ul style="list-style-type: none"> No School (Staff Work Day) <p>14</p>	<ul style="list-style-type: none"> GNG ranch rumbles/string cheese/sun seeds/carrots kit <p>15</p>	<ul style="list-style-type: none"> GNG RF honey wheat crackers/sunbutter/string cheese/celery kit <p>16</p>	<ul style="list-style-type: none"> GNG cheddar goldfish/sun seeds/string cheese/carrots kit <p>17</p>	<p>18</p>
<ul style="list-style-type: none"> GNG educational snacks/sun seeds/string cheese/carrots kit <p>21</p>	<ul style="list-style-type: none"> GNG goldfish pretzels/string cheese/sun seeds/carrots kit <p>22</p>	<ul style="list-style-type: none"> GNG RF honey wheat crackers/sunbutter/string cheese/celery kit <p>23</p>	<ul style="list-style-type: none"> GNG cinn grahams/sunbutter/string cheese/celery kit <p>24</p>	<p>25</p>
<ul style="list-style-type: none"> GNG goldfish pretzels/string cheese/sun seeds/carrots kit <p>28</p>	<ul style="list-style-type: none"> GNG ranch rumbles/string cheese/sun seeds/carrots kit <p>29</p>	<ul style="list-style-type: none"> GNG RF honey wheat crackers/sunbutter/string cheese/celery kit <p>30</p>	<ul style="list-style-type: none"> GNG cheddar goldfish/sun seeds/string cheese/carrots kit <p>31</p>	

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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

