

OCTOBER

BREAKFAST

Pre-K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> hot pancakes w/ syrup (VG) ¹ 	<ul style="list-style-type: none"> hot cornbread & egg omelet (VG) ² 	<ul style="list-style-type: none"> lemon muffin ³ 	<ul style="list-style-type: none"> No School ⁴
<ul style="list-style-type: none"> No School ⁷ 	<ul style="list-style-type: none"> cinnamon crumble ⁸ 	<ul style="list-style-type: none"> hot pancake bowl strawberry (VG) ⁹ 	<ul style="list-style-type: none"> blueberry muffin ¹⁰ 	<ul style="list-style-type: none"> min French toast muffin w/ string cheese (VG) ¹¹
<ul style="list-style-type: none"> No School (Staff Work Day) ¹⁴ 	<ul style="list-style-type: none"> string cheese/ cinnamon grahams (VG) ¹⁵ 	<ul style="list-style-type: none"> hot classic chicken sausage & cheddar bagel sandwich ¹⁶ 	<ul style="list-style-type: none"> blueberry muffin ¹⁷ 	<ul style="list-style-type: none"> yogurt parfait strawberry (VG) ¹⁸
<ul style="list-style-type: none"> cheerios (DF) ²¹ 	<ul style="list-style-type: none"> corn chex (VG) ²² 	<ul style="list-style-type: none"> hot sausage & cheddar biscuit ²³ 	<ul style="list-style-type: none"> mini french toast muffin & string cheese ²⁴ 	<ul style="list-style-type: none"> hot cheddar cheese & omelet gordita ²⁵
<ul style="list-style-type: none"> corn chex (DF) ²⁸ 	<ul style="list-style-type: none"> hot pancakes w/ syrup (VG) ²⁹ 	<ul style="list-style-type: none"> hot cornbread & egg omelet (VG) ³⁰ 	<ul style="list-style-type: none"> lemon muffin ³¹ 	

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!

revolutionfoods.

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

BREAKFAST

Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> hot pancakes w/ syrup (VG) ¹ cheerios/educational snacks (DF) (VG) 	<ul style="list-style-type: none"> corn chex/giant cinnamon goldfish grahams (DF) (VG) ² 	<ul style="list-style-type: none"> lemon muffin ³ multigrain cheerios/educational snacks (VG) 	<ul style="list-style-type: none"> No School ⁴
<ul style="list-style-type: none"> No School ⁷ 	<ul style="list-style-type: none"> cinnamon crumble ⁸ corn chex/educational snacks (VG) 	<ul style="list-style-type: none"> hot pancake bowl strawberry (VG) ⁹ multigrain cheerios/giant cinnamon goldfish grahams (DF) (VG) 	<ul style="list-style-type: none"> blueberry muffin ¹⁰ cinnamon chex w/ zac attack strawberry bar 	<ul style="list-style-type: none"> mini french toast muffin & string cheese ¹¹ corn chex/educational snacks (VG)
<ul style="list-style-type: none"> No School ¹⁴ (Staff Work Day) 	<ul style="list-style-type: none"> cheerios/educational snacks ¹⁵ 	<ul style="list-style-type: none"> cinnamon raisin bagel (VG) ¹⁶ corn chex/educational snacks (VG) 	<ul style="list-style-type: none"> hot cinnamon toast bagel (VG) ¹⁷ cinnamon chex w/ zac attack apple bar 	<ul style="list-style-type: none"> yogurt parfait strawberry (VG) ¹⁸ multigrain cheerios/giant cinnamon goldfish grahams/fruit (DF) (VG)
<ul style="list-style-type: none"> cheerios/educational ²¹ 	<ul style="list-style-type: none"> hot pancake bowl peach (VG) ²² corn chex/ cinnamon goldfish grahams(VG) 	<ul style="list-style-type: none"> plain bagel/cream cheese ²³ cinnamon chex w/ zac attack strawberry bar 	<ul style="list-style-type: none"> mini french toast muffin & string cheese ²⁴ multigrain cheerios/educational snacks (VG) 	<ul style="list-style-type: none"> corn chex/giant cinnamon goldfish grahams (DF) (VG) ²⁵
<ul style="list-style-type: none"> cinnamon chex w/ zac attack apple bar ²⁸ 	<ul style="list-style-type: none"> hot pancakes w/ syrup (VG) ²⁹ cheerios/educational snacks 	<ul style="list-style-type: none"> corn chex/giant cinnamon goldfish grahams (DF) (VG) ³⁰ 	<ul style="list-style-type: none"> lemon muffin ³¹ multigrain cheerios/educational snacks (VG) 	

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STUDENT FAVORITE ★

OCTOBER

LUNCH

PRE-K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> bbq chicken w/ cheesy rice pinto beans 	<ul style="list-style-type: none"> pepperoni pizza sliced cucumber 	<ul style="list-style-type: none"> cheesy pizza bite meal (VG) steamed corn 	<ul style="list-style-type: none"> No School
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> chicken bites cglazed carrots 	<ul style="list-style-type: none"> pepperoni pizza broccoli 	<ul style="list-style-type: none"> penne pasta w/ meat sauce (DF) Italian calzoni (VG) lettuce & sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> pancakes w/ omelet (VG) steamed corn
<ul style="list-style-type: none"> No School (Staff Work Day) 	<ul style="list-style-type: none"> mac & cheese & chicken bites green peas 	<ul style="list-style-type: none"> pepperoni pizza diced carrots w/ ranch 	<ul style="list-style-type: none"> spaghetti marinara w/ mozzarella (VG) green beans 	<ul style="list-style-type: none"> cheesy ravioli (VG) broccoli & carrot salad
<ul style="list-style-type: none"> chili cheese tamale (VG) steamed corn 	<ul style="list-style-type: none"> beef cheeseburger steamed carrots 	<ul style="list-style-type: none"> pepperoni pizza broccoli 	<ul style="list-style-type: none"> bean & cheese quesadilla (VG) lettuce & sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> pancakes w/ omelet (VG) coleslaw
<ul style="list-style-type: none"> cheese enchiladas (VG) diced carrots w/ ranch 	<ul style="list-style-type: none"> bbq chicken w/ cheesy rice pinto beans 	<ul style="list-style-type: none"> pepperoni pizza sliced cucumber 	<ul style="list-style-type: none"> cheesy pizza bite meal (VG) steamed corn 	

Let's Celebrate!

Revolution Foods is proud to celebrate **National School Lunch Week** during October 14-18! What do you love most about school lunch? Is it trying new food? Getting to share a meal with friends?

revolutionfoods.

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

LUNCH

ELEMENTARY

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

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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VEGETABLE
OF THE DAY

STUDENT
FAVORITE ★

OCTOBER

GRAB N GO
SUPPER

PRE-K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> GNG sweet garlic noodles/broccoli 1	<ul style="list-style-type: none"> GNG chicken ranch slider/chopped lettuce 2	<ul style="list-style-type: none"> GNG chicken salad slider/broccoli 3	4
<ul style="list-style-type: none"> No School 7	<ul style="list-style-type: none"> GNG chicken picnic pasta salad/broccoli 8	<ul style="list-style-type: none"> GNG bbq chicken pizza chef kit/corn & tomato salad 9	<ul style="list-style-type: none"> GNG chicken salad slider/broccoli 10	11
<ul style="list-style-type: none"> No School (Staff Work Day) 14	<ul style="list-style-type: none"> GNG chicken ranch slider/chopped lettuce 15	<ul style="list-style-type: none"> GNG turkey & cheese cracker kit w/ juice 16	<ul style="list-style-type: none"> GNG sweet garlic noodles/broccoli 17	18
<ul style="list-style-type: none"> GNG turkey & cheese cracker kit w/ juice 21	<ul style="list-style-type: none"> GNG bbq chicken pizza chef kit/corn & tomato salad 22	<ul style="list-style-type: none"> GNG chicken salad slider/broccoli 23	<ul style="list-style-type: none"> GNG chicken ranch slider/chopped lettuce 24	25
<ul style="list-style-type: none"> GNG scoops w/ cheddar & salsa (VG) 28	<ul style="list-style-type: none"> GNG sweet garlic noodles/broccoli 29	<ul style="list-style-type: none"> GNG chicken ranch slider/chopped lettuce 30	<ul style="list-style-type: none"> GNG chicken salad slider/broccoli 31	

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

STUDENT FAVORITE



OCTOBER

GRAB N GO
SUPPER

ELEMENTARY

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

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