# BREAKFAST

#### Pre-K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
• cheerios 2	• cinnamon crumble	4 • HOT strawberry pancake bowl	• blueberry muffin	• HOT omelet w/ french toast sticks
9 • cheerios	10 • HOT pancake w/ syrup	11 • HOT waffles & syrup	12 • blueberry muffin	13 • strawberry yogurt parfait
• cheerios	17 • lemon muffin	18 • HOT strawberry pancake bowl	19 • HOT omelet w/ french toast sticks	20 • HOT chicken sausage & omelet gordita
• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY
• HOLIDAY	• HOLIDAY			

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!



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.



# BREAKFAST

#### **Elementary School**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 • cheerios w/ educational snack	3 • cinnamon crumble • lemon muffin	<ul> <li>HOT strawberry pancake bowl</li> <li>multigrain cheerios w/ cinnamon goldfish grahams</li> </ul>	5 • mini french toast muffin & string cheese • cinnamon chex w/ zac attack apple	<ul> <li>blueberry muffin</li> <li>strawberry yogurt parfait</li> </ul>
9 • cinnamon chex w/ zac attack apple	10 • HOT pancake w/ syrup • cheerios w/ mini dipperdoodle bar	<ul> <li>HOT waffles w/ syrup</li> <li>multigrain cheerios w/ educational snacks</li> </ul>	12 • Blueberry muffin • cinnamon chex w/ zac attack apple	<ul> <li>strawberry yogurt 13 parfait</li> <li>multigrain cheerios w/ cinnamon goldfish grahams</li> </ul>
16 • cheerios w/ educational snacks	17 • lemon muffin • multigrain cheerios w/ cinnamon goldfish grahams	<ul> <li>HOT strawberry pancake bowl</li> <li>cinnamon chex w/ zac attack strawberry</li> </ul>	<ul> <li>mini french toast muffin &amp; string cheese</li> <li>multigrain cheerios w/ educational snacks</li> </ul>	20 <ul> <li>blueberry bagel w/ cream cheese</li> <li>multigrain cheerios w/ cinnamon goldfish</li> </ul>
• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY
• HOLIDAY	• HOLIDAY			

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#### Pre-K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul> <li>cheesy beef nacho dip</li> <li>seasoned green beans</li> </ul>	<ul> <li>chicken bites (DF)</li> <li>glazed carrots</li> </ul>	4 • pepperoni pizza • broccoli	<ul> <li>penne pasta w/ meat sauce (DF)</li> <li>lettuce &amp; tomatoes w/ ranch</li> </ul>	6 • bfast for lunch: pancake w/ omelet (VG) • steamed corn
<ul> <li>9</li> <li>bean &amp; cheese pupusa (VG)</li> <li>seasoned green beans</li> </ul>	10 • mac & cheese w/ chicken bites • green peas	11 • pepperoni pizza • carrots w/ ranch	12 • spaghetti marinara w/ mozzarella (VG) • seasoned green beans	13 • cheesy ravioli (VG) • broccoli & carrot salad
16 • chicken & waffles • steamed corn	17 • cheeseburger • steamed carrots	18 • pepperoni pizza • broccoli	19 • cheesy ravioli (VG) • lettuce & tomatoes w/ ranch	20 • crispy chicken sandwich • coleslaw
• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY
30 • Holiday	• HOLIDAY			

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.revolution foods.com

## revolution foods.

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



#### **Elementary School**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul> <li>cheesy beef nachos dip</li> <li>seasoned green beans</li> </ul>	<ul> <li>cheeseburger</li> <li>glazed carrots</li> </ul>	4 • pepperoni pizza • seasoned garbanzo beans	<ul> <li>penne pasta w/ meat sauce (DF)</li> <li>lettuce &amp; grape tomatoes w/ ranch</li> </ul>	<ul> <li>hot dog (DF)</li> <li>steamed corn</li> </ul>
<ul> <li>9</li> <li>bean &amp; cheese pupusas (VG)</li> <li>seasoned green beans</li> </ul>	10 • kickin chicken melt sandwich • green peas	11 • pepperoni pizza • baby carrots w/ ranch	12 • chili & chicken tamale (DF) • pinto bean	13 • hot dogs (DF) • broccoli & carrot salad
16 • chicken bites & waffles • chili citrus corn	17 <ul> <li>cheeseburger</li> <li>steamed carrots</li> </ul>	18 <ul> <li>pepperoni pizza</li> <li>garbanzo, edamame, &amp; carrots</li> </ul>	<ul> <li>Chicken Tamale w/ Seasoned rice</li> <li>Cheesy ravioli</li> <li>lettuce &amp; grape tomatoes w/ ranch</li> </ul>	20 • crispy chicken sandwich (DF) • coleslaw
• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY	• HOLIDAY
• HOLIDAY	• HOLIDAY			

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### GRABNGO SUPPER

#### Pre-K MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY 2 3 5 6 4 . GNG turkey & cheese GNG chicken picnic GNG bbg chicken pizza GNG chicken salad chef kit pasta salad crackers slider 9 10 11 12 13 GNG sweet garlic GNG turkey & cheese GNG chicken ranch GNG turkey & cheese • crackers kit slider cracker kit noodles GNG turkey & cheese 18 17 19 20 GNG bbq chicken pizza GNG chicken salad . GNG chicken ranch crackers kit chef kit slider slider 23 24 25 26 27 HOLIDAY HOLIDAY HOLIDAY . . HOLIDAY HOLIDAY 30 31 HOLIDAY HOLIDAY •

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#### **Elementary School**

### GRABNGO SUPPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
• GNG educational snacks/ sunseeds/ string cheese/carrots	• GNG goldfish/string cheese/sunseeds/ carrots	4 • GNG RF honey wheat crackers/ sunbutter/ string cheese/ celery	5 • GNG cinnamon grahams/ sunbutter/ string cheese/ celery	6
9 • GNG goldfish/ sunseeds/ string cheese/ celery & tomatoes	10 • GNG ranch rumbles/ string cheese/ sunseeds/ carrots	11 • GNG RF hone wheat crackers/ sunbutter/ string cheese/ celery	12 • GNG goldfish/ string cheese/ sunseeds/ carrots	13
16 • GNG educational snacks/ sunseeds/ string cheese/ carrots	17 • GNG goldfish/ string cheese/ sunseeds/ carrots	18 • GNG RF honey wheat cracker/ sunbutter/ string cheese/ celery	19 • GNG cinnamon grahams/ sunbutter/ string cheese/ celery	20
• HOLIDAY	• HOLIDAY	• HOLIDAY 25	• HOLIDAY 26	• HOLIDAY
• HOLIDAY	• HOLIDAY 31			

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