

OCTOBER

BREAKFAST

MIDDLE SCHOOL

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"> hot cornbread & egg omelet (VG) ² corn chex/giant cinnamon goldfish grahams (DF) (VG) 	<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"> hot biscuit & country gravy (VG) ⁸ corn chex/educational snacks (VG) 	<ul style="list-style-type: none"> plain bagel/cream cheese ⁹ multigrain cheerios/giant cinnamon goldfish grahams (DF) (VG) 	<ul style="list-style-type: none"> blueberry muffin ¹⁰ cinnamon chex 	<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"> string cheese/cinnamon grahams ¹⁵ cheerios/educational snacks 	<ul style="list-style-type: none"> cinnamon raisin bagel (VG) ¹⁶ corn chex/educational snacks (VG) 	<ul style="list-style-type: none"> blueberry muffin ¹⁷ cinnamon chex 	<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"> zee zee cinnamon crisp bar (VG) (DF) ²¹ cheerios/educational snacks 	<ul style="list-style-type: none"> lemon muffin ²² corn chex/ cinnamon goldfish grahams (VG) 	<ul style="list-style-type: none"> plain bagel/cream cheese ²³ cinnamon chex 	<ul style="list-style-type: none"> mini french toast muffin & string cheese ²⁴ multigrain cheerios/educational snacks (VG) 	<ul style="list-style-type: none"> hot cheddar cheese & omelet gordita ²⁵ blueberry burst bagel/cream cheese
<ul style="list-style-type: none"> dipperdoodle bar (DF) ²⁸ cinnamon chex 	<ul style="list-style-type: none"> hot pancakes w/ syrup (VG) ²⁹ cheerios/educational snacks 	<ul style="list-style-type: none"> blueberry burst bagel/cream cheese ³⁰ corn chex/giant cinnamon goldfish grahams (DF) (VG) 	<ul style="list-style-type: none"> lemon muffin ³¹ multigrain cheerios/educational snacks (VG) 	

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

LUNCH

MIDDLE SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> philly cheesesteak sandwich italian calzoni (VG) pinto beans 	<ul style="list-style-type: none"> pepperoni pizza cheese pizza (VG) sliced cucumber 	<ul style="list-style-type: none"> classic chicken parm pasta 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 glazed carrots 	<ul style="list-style-type: none"> pepperoni pizza seasoned garbanzo beans 	<ul style="list-style-type: none"> Italian calzoni (VG) penne pasta w/ meat sauce (DF) lettuce & sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> revolution hot dog (DF) 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 baby carrots w/ ranch 	<ul style="list-style-type: none"> classic spaghetti & meatballs (DF) NEW! chicken corn dogs pinto beans 	<ul style="list-style-type: none"> revolution hot dog (DF) broccoli & carrot salad
<ul style="list-style-type: none"> chili cheese tamale (DF) chili citrus corn 	<ul style="list-style-type: none"> beef cheeseburger steamed carrots 	<ul style="list-style-type: none"> pepperoni pizza seasoned garbanzo beans 	<ul style="list-style-type: none"> cheesy beef & salsa nacho dip w/ scoops pasta w/ zesty beef lettuce & sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> pancakes w/ sausage coleslaw
<ul style="list-style-type: none"> crispy chicken sandwich (DF) baby carrots 	<ul style="list-style-type: none"> philly cheesesteak sandwich italian calzoni (VG) pinto beans 	<ul style="list-style-type: none"> pepperoni pizza sliced cucumber 	<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

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

GRAB N GO
SUPPER

MIDDLE SCHOOL

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

