

DECEMBER

BREAKFAST

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> cinnamon chex w/ zac attack apple cheerios w/ educational snack 	<ul style="list-style-type: none"> cinnamon crumble lemon muffin 	<ul style="list-style-type: none"> plain bagel w/ cream cheese multigrain cheerios w/ cinnamon goldfish grahams 	<ul style="list-style-type: none"> mini french toast muffin & string cheese cinnamon chex w/ zac attack apple 	<ul style="list-style-type: none"> blueberry muffin strawberry yogurt parfait orange juice available
<ul style="list-style-type: none"> zee zee berry apple bar cinnamon chex w/ zac attack apple 	<ul style="list-style-type: none"> HOT pancake w/ syrup cheerios w/ mini dipperdoodle bar 	<ul style="list-style-type: none"> HOT waffles w/ syrup multigrain cheerios w/ educational snacks 	<ul style="list-style-type: none"> autumn spice muffin cinnamon chex w/ zac attack apple 	<ul style="list-style-type: none"> strawberry yogurt parfait multigrain cheerios w/ cinnamon goldfish grahams
<ul style="list-style-type: none"> zee zee cinnamon crisp bar cheerios w/ educational snacks 	<ul style="list-style-type: none"> lemon muffin multigrain cheerios w/ cinnamon goldfish grahams 	<ul style="list-style-type: none"> plain bagel w/ cream cheese cinnamon chex w/ zac attack strawberry 	<ul style="list-style-type: none"> mini french toast muffin & string cheese multigrain cheerios w/ educational snacks 	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese multigrain cheerios w/ cinnamon goldfish
<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY
<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> 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!

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 ★

DECEMBER

LUNCH

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> cheesy beef nachos dip ² cheese pizza panada pie (VG) seasoned green beans 	<ul style="list-style-type: none"> cheeseburger ³ Salad Bar 	<ul style="list-style-type: none"> pepperoni pizza ⁴ Salad Bar 	<ul style="list-style-type: none"> chicken potstickers w/ not so-fried-rice ⁵ penne pasta w/ meat sauce (DF) Salad Bar 	<ul style="list-style-type: none"> hot dog (DF) ⁶ Salad Bar
<ul style="list-style-type: none"> bean & cheese pupusas (VG) ⁹ Salad Bar 	<ul style="list-style-type: none"> kickin chicken melt sandwich ¹⁰ sunbutter & jelly kit (VG) Salad Bar 	<ul style="list-style-type: none"> pepperoni pizza ¹¹ Salad Bar 	<ul style="list-style-type: none"> chili & chicken tamale (DF) ¹² Salad Bar 	<ul style="list-style-type: none"> hot dogs (DF) ¹³ Salad Bar
<ul style="list-style-type: none"> chicken bites & waffles ¹⁶ taco dippers (VG) Salad Bar 	<ul style="list-style-type: none"> cheeseburger ¹⁷ Salad Bar 	<ul style="list-style-type: none"> pepperoni pizza ¹⁸ Salad Bar 	<ul style="list-style-type: none"> cheesy beef nacho dip ¹⁹ Chicken tamales w/ Seasoned rice Salad Bar 	<ul style="list-style-type: none"> crispy chicken sandwich (DF) ²⁰ Salad Bar
<ul style="list-style-type: none"> HOLIDAY ²³ 	<ul style="list-style-type: none"> HOLIDAY ²⁴ 	<ul style="list-style-type: none"> HOLIDAY ²⁵ 	<ul style="list-style-type: none"> HOLIDAY ²⁶ 	<ul style="list-style-type: none"> HOLIDAY ²⁷
<ul style="list-style-type: none"> HOLIDAY ³⁰ 	<ul style="list-style-type: none"> HOLIDAY 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

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 ★

DECEMBER



Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> GNG educational snacks/ sunseeds/ string cheese/carrots 2	<ul style="list-style-type: none"> GNG goldfish/string cheese/sunseeds/ carrots 3	<ul style="list-style-type: none"> GNG RF honey wheat crackers/ sunbutter/ string cheese/ celery 4	<ul style="list-style-type: none"> GNG cinnamon graham/ sunbutter/ string cheese/ celery 5	6
<ul style="list-style-type: none"> GNG goldfish/ sunseeds/ string cheese/ celery & tomatoes 9	<ul style="list-style-type: none"> GNG ranch rumbles/ string cheese/ sunseeds/ carrots 10	<ul style="list-style-type: none"> GNG RF hone wheat crackers/ sunbutter/ string cheese/ celery 11	<ul style="list-style-type: none"> GNG goldfish/ string cheese/ sunseeds/ carrots 12	13
<ul style="list-style-type: none"> GNG educational snacks/ sunseeds/ string cheese/ carrots 16	<ul style="list-style-type: none"> GNG goldfish/ string cheese/ sunseeds/ carrots 17	<ul style="list-style-type: none"> GNG RF honey wheat cracker/ sunbutter/ string cheese/ celery 18	<ul style="list-style-type: none"> GNG cinnamon graham/ sunbutter/ string cheese/ celery 19	20
<ul style="list-style-type: none"> HOLIDAY 23	<ul style="list-style-type: none"> HOLIDAY 24	<ul style="list-style-type: none"> HOLIDAY 25	<ul style="list-style-type: none"> HOLIDAY 26	<ul style="list-style-type: none"> HOLIDAY 27
<ul style="list-style-type: none"> HOLIDAY 30	<ul style="list-style-type: none"> HOLIDAY 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

