

SEPTEMBER BREAKFAST

Opportunity Academy

BACK to SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. **What's your new goal?**

Learn more about us on our *new* website at revolutionfoods.com!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

- cheerios/zac attack apple

5

- blueberry muffin

6

- cinnamon crumble

7

- blueberry burst bagel w/cream cheese

10

- dipper doodle bar

11

- cinnamon chex/ zac attack apple

12

- french toast muffin

13

- bagel w/cream cheese

14

- cheerios/ zac attach strawberry

17

- zee zees cinnamon crisp bar

18

- cinnamon crumble

19

- lemon muffin

20

- yogurt w/granola

21

- cinnamon raisin bagel

24

- cinnamon chex/ zac attack strawberry

25

- multigrain cheerios/zac attack strawberry

26

- french toast muffin

27

- corn chex/mini dipperdoodle bar

28

- corn chex/ zac attack strawberry

SEPTEMBER LUNCH

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

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o **Vegetable** of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

- NO SCHOOL

4

- bfast for lunch: pancakes w/ sausage
- pinto beans
- o baby carrots

5

- hot dog (DF)
- o broccoli w/ ranch

6

- cheesy pizza bites (VG)
- o chili citrus corn

7

- chicken bites
- o seasoned green beans

10

- Italian calzoni (VG)
- o island glazed carrots

11

- chicken potstickers (DF)
- o steamed corn

12

- popcorn chicken bites w/ bbq bean sauce
- o smoky black eyed peas
- o grape tomatoes

13

- cheeseburger
- o seasoned green beans w/ ranch

14

- lone star bbq chicken sandwich
- o broccoli

17

- scoops w/ chicken & green chile cheese dip
- o orangy carrots

18

- cheese pizza panada pie (VG)
- o seasoned black beans
- o baby carrots

19

- classic chicken parm pasta
- o chili citrus corn

20

- bean & cheese pupusas (VG)
- o celery sticks w/ ranch

21

- crispy chicken sandwich (DF)
- o broccoli & carrots salad

24

- bfast for lunch: pancake w/ omelet
- o baby carrots

25

- bbq beef flatbread melt
- o broccoli

26

- **NEW** chicken gumbo & cornbread
- o steamed corn

27

- cheese pizza (VG)
- o pinto beans
- o grape tomatoes w/ ranch

28

- lone star bbq chicken sandwich
- o coleslaw

SEPTEMBER SNACK

Opportunity Academy

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 **new** website at [revolutionfoods.com!](http://revolutionfoods.com)

Snack: fresh fruit available daily except when Sunbutter, string cheese or juice is served.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <ul style="list-style-type: none"> • NO SCHOOL 	<p>4</p> <ul style="list-style-type: none"> • educational snacks 	<p>5</p> <ul style="list-style-type: none"> • RF honey wheat crackers w/string cheese 	<p>6</p> <ul style="list-style-type: none"> • cinnamon grahams 	<p>7</p>
<p>10</p> <ul style="list-style-type: none"> • goldfish colors cheddar crackers 	<p>11</p> <ul style="list-style-type: none"> • ranch rumbles 	<p>12</p> <ul style="list-style-type: none"> • educational snacks w/string cheese 	<p>13</p> <ul style="list-style-type: none"> • cinnamon rumbles 	<p>14</p>
<p>17</p> <ul style="list-style-type: none"> • goldfish pretzels 	<p>18</p> <ul style="list-style-type: none"> • educational snacks 	<p>19</p> <ul style="list-style-type: none"> • RF honey wheat crackers w/string cheese 	<p>20</p> <ul style="list-style-type: none"> • cinnamon graham 	<p>21</p>
<p>24</p> <ul style="list-style-type: none"> • goldfish colors cheddar crackers 	<p>25</p> <ul style="list-style-type: none"> • ranch rumbles 	<p>26</p> <ul style="list-style-type: none"> • educational snacks w/string cheese 	<p>27</p> <ul style="list-style-type: none"> • cinnamon rumbles 	<p>28</p>