

OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • cinnamon grahams & cinnamon rumbles	2 • multigrain cheerios w/ zac attack bar	3 • cinnamon crumble	4 • blueberry muffin	5 • corn chex w/ zac attack bar
8 • string cheese & cinnamon grahams	9 • corn chex w/ zac attack bar	10 • cinnamon raisin bagel	11 • lemon muffin	12 • multigrain cheerios w/ zac attack bar
15 No School	16 No School	17 No School	18 No School	19 No School
22 No School	23 • mini french toast muffins & string cheese	24 • apple crisp granola	25 • cherrios w/ mini dipperdoodle	26 • bagel w/ cream cheese
29 • corn chex w/ zac attack bar	30 • lemon muffin	31 • cinnamon chex w/ zac attack bar		

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!

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

OCTOBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> hot dog (DF) sesame chicken wrap (DF) o baby carrots 	<p>2</p> <ul style="list-style-type: none"> cheese pizza (VG) crispy chicken sandwich (DF) o pinto beans and baby carrots 	<p>3</p> <ul style="list-style-type: none"> cheesy ravioli (VG) kickin chicken melt o broccoli w/ ranch 	<p>4</p> <ul style="list-style-type: none"> beef cheeseburger cheesy pizza bites (VG) o chili citrus corn 	<p>5</p> <ul style="list-style-type: none"> chicken bites creamy chicken alfredo o green beans
<p>8</p> <ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (VG) buffalo chicken crunchadilla o island glazed carrots 	<p>9</p> <ul style="list-style-type: none"> spicy chicken sausage & cheese eggel turkey & cheddar sandwich o steamed corn 	<p>10</p> <ul style="list-style-type: none"> popcorn chicken w/ bbq bean sauce taco dippers kit (VG) o black eyed peas and grape tomatoes 	<p>11</p> <ul style="list-style-type: none"> sloppy joe (DF) honey mustard chicken wrap o green beans 	<p>12</p> <ul style="list-style-type: none"> spaghetti marinara (VG) chicken pizza party salad o broccoli
<p>15</p> <p>No School</p>	<p>16</p> <p>No School</p>	<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>	<p>19</p> <p>No School</p>
<p>22</p> <p>No School</p>	<p>23</p> <ul style="list-style-type: none"> bbq beef flatbread cheesy pizza bites (VG) 	<p>24</p> <ul style="list-style-type: none"> chicken gumbo & cornbread pepperjack cheeseburger o steamed corn 	<p>25</p> <ul style="list-style-type: none"> honey mustard chicken wrap o pinto beans and grape tomatoes 	<p>26</p> <ul style="list-style-type: none"> chicken marinara pasta bake turkey & cheddar sandwich o coleslaw
<p>29</p> <ul style="list-style-type: none"> bean & cheese quesadilla (VG) buffalo chicken pizza o baby carrots 	<p>30</p> <ul style="list-style-type: none"> spaghetti & meatballs (DF) cheese pizza (VG) o pinto beans and baby carrots 	<p>31</p> <ul style="list-style-type: none"> kickin chicken melt honey mustard salad w/ grilled chicken o broccoli w/ ranch 		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?



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

OCTOBER SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • goldfish pretzels	2 • educational snacks	3 • honey wheat crackers & string cheese	4 • cinnamon grahams	5 • string cheese
8 • goldfish "colors"	9 • ranch rumbles	10 • educational snacks & string cheese	11 • cinnamon rumbles	12 • goldfish "hot & spicy"
15 No School	16 No School	17 No School	18 No School	19 No School
22 No School	23 • ranch rumbles	24 • educational snacks & string cheese	25 • cinnamon rumbles	26 • goldfish "hot & spicy"
29 • goldfish pretzels	30 • educational snacks	31 • honey wheat crackers		

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 *new* website at revolutionfoods.com

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