

OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • dipperdoodle bar	2 • lemon muffin	3 • cinnamon crumble	4 • blueberry muffin	5 • corn chex w/ zac attack bar
8 • string cheese & cinnamon grahams	9 • french toast muffin	10 • cinnamon raisin bagel	11 • lemon muffin	12 • yogurt & cinnamon grahams
15	16	17	18	19
<h1>Fall Break!</h1>				
22 • No School	23 • new!! mini french toast muffins & string cheese	24 • cinnamon crumble	25 • blueberry muffin	26 • bagel w/ cream cheese
29 • corn chex w/ zac attack bar	30 • lemon muffin	31 • cinnamon crumble		

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
1 <ul style="list-style-type: none"> hot dog (DF) o baby carrots 	2 <ul style="list-style-type: none"> spaghetti & meatballs (DF) o pinto beans and baby carrots 	3 <ul style="list-style-type: none"> kickin chicken melt o broccoli w/ ranch 	4 <ul style="list-style-type: none"> cheesy pizza bites (VG) o chili citrus corn 	5 <ul style="list-style-type: none"> chicken bites o green beans
8 <ul style="list-style-type: none"> buffalo chicken crunchadilla o island glazed carrots 	9 <ul style="list-style-type: none"> o bean and cheese quesadilla (VG) o steamed corn 	10 <ul style="list-style-type: none"> hopopcorn chicken w/ bbq bean sauce o tablack eyed peas and grape tomatoes 	11 <ul style="list-style-type: none"> beef cheeseburger o green beans 	12 <ul style="list-style-type: none"> meatball sub o broccoli
15	16	17	18	19
<h1>Fall Break!</h1>				
22 <ul style="list-style-type: none"> No School 	23 <ul style="list-style-type: none"> cheesy pizza bites (VG) o broccoli 	24 <ul style="list-style-type: none"> firecracker chicken o steamed corn 	25 <ul style="list-style-type: none"> oven roasted chicken sandwich (DF) o pinto beans and grape tomatoes 	26 <ul style="list-style-type: none"> chicken marinara pasta bake o coleslaw
29 <ul style="list-style-type: none"> hot dog (DF) o baby carrots 	30 <ul style="list-style-type: none"> crispy chicken sandwich (DF) o pinto beans and baby carrots 	31 <ul style="list-style-type: none"> cheesy ravioli (VG) 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
8 • goldfish "colors"	9 • ranch rumbles	10 • educational snacks & string cheese	11 • cinnamon rumbles	12
15	Fall Break!			19
22 • No School	23 • ranch rumbles	24 • educational snacks & string cheese	25 • cinnamon rumbles	26
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.