

# JULY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Concha Cheerios Cereal	Blueberry Muffin Froot Loops Cereal	Yogurt Smoothie w/ Granola Cinnamon Chex Cereal	Cinnamon Swirl Honey Bunches of Oats Cereal	July 4th
7	8	9	10	11
Chocolate Chip Muffin Top Cinnamon Chex Cereal	Cinnamon Crumble Cheerios Cereal	Concha w/ String Cheese Honey Bunches of Oats Cereal	Bagel w/ Cream Cheese Apple Jacks Cereal	Banana Muffin Froot Loops Cereal
14	15	16	17	18
Concha Cheerios Cereal	Blueberry Muffin Froot Loops Cereal	Yogurt Smoothie w/ Granola Cinnamon Chex Cereal	Cinnamon Swirl Honey Bunches of Oats Cereal	Yogurt Parfait w/ Granola Apple Jacks Cereal
21	22	23	24	25
Chocolate Chip Muffin Top Cinnamon Chex Cereal	Cinnamon Crumble Cheerios Cereal	Concha w/ String Cheese Honey Bunches of Oats Cereal	Bagel w/ Cream Cheese Apple Jacks Cereal	Banana Muffin Froot Loops Cereal
28	29	30	31	1
Concha Cheerios Cereal	Blueberry Muffin Froot Loops Cereal	Yogurt Smoothie w/ Granola Cinnamon Chex Cereal	Cinnamon Swirl Honey Bunches of Oats Cereal	Yogurt Parfait w/ Granola Apple Jacks Cereal
Breakfast Includes:	Featured Fruit:		RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	<b>Monday:</b> Apple or Orange <b>Tuesday:</b> Juice, Apple or Pear <b>Wednesday:</b> Apple Slices or Apple <b>Thursday:</b> Banana or Orange <b>Friday:</b> Applesauce or Apple		Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# JULY LUNCH




Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Cheeseburger & Fries Soy Veggie Burger (V) Turkey & Cheese Sub w/ Corn Muffin & Yogurt Kit (V)	Pasta w/ Meat Sauce Pasta w/ PlantBorn Crumble (VV) Italian Trio Sandwich Cheese Pizza Kit (V)	Chicken Bites w/ Mashed Potatoes Bean & Cheese Burrito (V) Chicken Salad & Cheese Cracker Kit Muffin & Seeds Kit (V)	Beef Taco Stick & Crispy Fava Beans Cheese Tamale w/ Beans (V) Southwest Chicken Salad Turkey & Cheese Cracker Kit	July 4th
7	8	9	10	11
Hot Dog & Fries Soy Veggie Burger (V) Turkey & Cheese Pretzel Sandwich "P"BJ Sandwich Kit (V)	Chicken Dumplings w/ Rice Edamame Teriyaki Bowl (VV) Chicken Salad & Cheese Cracker Kit Muffin & Yogurt Kit (V)	Chicken Tamale w/ Beans Taco Bowl w/ PlantBorn Crumble (VV) Turkey & Cheese Kit Muffin & Seeds Kit (V)	Hamburger & Fries Cheese Lasagna (V) Turkey & Cheese Kit Yogurt Parfait w/ Granola (V)	Pepperoni Pizza Grilled Cheese (V) Cheese Pizza Kit (V)
14	15	16	17	18
Cheeseburger & Fries Soy Veggie Burger (V) Turkey & Cheese Sub w/ Corn Muffin & Yogurt Kit (V)	Pasta w/ Meat Sauce Pasta w/ PlantBorn Crumble (VV) Italian Trio Sandwich Cheese Pizza Kit (V)	Chicken Bites w/ Mashed Potatoes Bean & Cheese Burrito (V) Chicken Salad & Cheese Cracker Kit Muffin & Seeds Kit (V)	Beef Taco Stick & Crispy Fava Beans Cheese Tamale w/ Beans (V) Southwest Chicken Salad Turkey & Cheese Cracker Kit	Pepperoni Pizza Cheese Pizza (V) Soy Butter Sandwich (V)
21	22	23	24	25
Hot Dog & Fries Soy Veggie Burger (V) Turkey & Cheese Pretzel Sandwich "P"BJ Sandwich Kit (V)	Chicken Dumplings w/ Rice Edamame Teriyaki Bowl (VV) Chicken Salad & Cheese Cracker Kit Muffin & Yogurt Kit (V)	Chicken Tamale w/ Beans Taco Bowl w/ PlantBorn Crumble (VV) Turkey & Cheese Kit Muffin & Seeds Kit (V)	Hamburger & Fries Cheese Lasagna (V) Turkey & Cheese Kit Yogurt Parfait w/ Granola (V)	Pepperoni Pizza Grilled Cheese (V) Cheese Pizza Kit (V)
28	29	30	31	1
Cheeseburger & Fries Soy Veggie Burger (V) Turkey & Cheese Sub w/ Corn Muffin & Yogurt Kit (V)	Pasta w/ Meat Sauce Pasta w/ PlantBorn Crumble (VV) Italian Trio Sandwich Cheese Pizza Kit (V)	Chicken Bites w/ Mashed Potatoes Bean & Cheese Burrito (V) Chicken Salad & Cheese Cracker Kit Muffin & Seeds Kit (V)	Beef Taco Stick & Crispy Fava Beans Cheese Tamale w/ Beans (V) Southwest Chicken Salad Turkey & Cheese Cracker Kit	Pepperoni Pizza Cheese Pizza (V) Soy Butter Sandwich (V)
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *All grains are wholegrain rich	<b>Monday:</b> French Fries <b>Tuesday:</b> Carrots <b>Wednesday:</b> Crunchy Beans <b>Thursday:</b> Cucumber / Celery <b>Friday:</b> Side Salad w/ Dressing	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice	Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# JULY SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Cheese Puffs & Juice	Goldfish Pretzels & Fruit	Educational Snacks & Fruit	Spicy Chili Lime Rings & Juice	July 4th
7	8	9	10	11
Cinnamon Granola & Fruit	Pizza Crackers & Juice	BBQ Poptillas & Fruit	Cheddar Goldfish Crackers & Fruit	Crackers & Seed Butter Pouch
14	15	16	17	18
Cheese Puffs & Juice	Goldfish Pretzels & Fruit	Educational Snacks & Fruit	Spicy Chili Lime Rings & Juice	Fruity Crisps & Fruit
21	22	23	24	25
Cinnamon Granola & Fruit	Pizza Crackers & Juice	BBQ Poptillas & Fruit	Cheddar Goldfish Crackers & Fruit	Crackers & Seed Butter Pouch
28	29	30	31	1
Cheese Puffs & Juice	Goldfish Pretzels & Fruit	Educational Snacks & Fruit	Spicy Chili Lime Rings & Juice	Fruity Crisps & Fruit

<b>Snack Includes:</b>	<b>RevUp Rewards:</b>
<p>All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable</p> <p>Fruit Rotation: Apples, Oranges, Pears, 100% Fruit Juice</p> <p>*All fruits meet 3/4 cup equivalent</p> <p><b>*All grains are wholegrain rich</b></p> <p><b>Monday:</b> apple   <b>Tuesday:</b> juice or orange   <b>Wednesday:</b> Pear   <b>Thursday:</b> n/a or juice/orange   <b>Friday:</b> apple</p>	<p>Scan Our QR Code Daily</p> <p>Rate the Meal You Ate</p> <p><b>You're Entered to Win!</b></p> <p>Drawings Monthly</p> <p>Learn More and See Prizes:</p> <p><a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a></p> 



# JULY SUPPER



Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Hot Dog & Fries (2M/2G) Turkey & Cheese Pretzel Sandwich (2M/2G) "P"B & J Sandwich Kit (V) (2MA, 2G)	Chicken Dumplings w/ Rice (2M/1G) Chicken Salad & Cheese Kit (2M/2G) Mantecada Muffin & Yogurt Kit (V) (2M/2G)	Chicken Tamale w/ Beans (2M,2G) Turkey & Cheese Crackers Kit (2M/2G) Muffin & Seeds Kit (V) (2M,2G)	Cheese Lasagna (2M,2G) Turkey & Cheese Sub (2M/2G) Yogurt Parfait w/ Granola (V) (2M/1G)	July 4th
7	8	9	10	11
Cheeseburger & Fries (2M/2G) Turkey & Cheese Sub (2M/2G) Muffin & Yogurt Kit (V) (2M/1G)	Penne Pasta w/ Meat Sauce (2M/2G) Italian Trio Sandwich (2M/2G) Cheese Pizza Kit (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M,2G) Chicken Salad & Cheese Kit (2M/2G) Muffin & Seeds Kit (V) (2M/2G)	Beef Taco Stick (2MA, 2G)) Turkey & Cheese Cracker Kit (2M/1G) Cheese Pizza Kit (V) (2MA, 2G)	Cheese Pizza Kit (2M/2G) Turkey & Cheese Pretzel Sandwich (2M,1G) Soybutter Sandwich (V) (2M/2G)
14	15	16	17	18
Hot Dog & Fries (2M/2G) Turkey & Cheese Pretzel Sandwich (2M/2G) "P"B & J Sandwich Kit (V) (2MA, 2G)	Chicken Dumplings w/ Rice (2M/1G) Chicken Salad & Cheese Kit (2M/2G) Mantecada Muffin & Yogurt Kit (V) (2M/2G)	Chicken Tamale w/ Beans (2M,2G) Turkey & Cheese Crackers Kit (2M/2G) Muffin & Seeds Kit (V) (2M,2G)	Cheese Lasagna (2M,2G) Turkey & Cheese Sub (2M/2G) Yogurt Parfait w/ Granola (V) (2M/1G)	Pepperoni Pizza (2M/2G) Turkey & Cheese Pretzel Sandwich (2M/2G) Cheese Pizza Kit (V) (2M,2G)
21	22	23	24	25
Cheeseburger & Fries (2M/2G) Turkey & Cheese Sub (2M/2G) Muffin & Yogurt Kit (V) (2M/1G)	Penne Pasta w/ Meat Sauce (2M/2G) Italian Trio Sandwich (2M/2G) Cheese Pizza Kit (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M,2G) Chicken Salad & Cheese Kit (2M/2G) Muffin & Seeds Kit (V) (2M/2G)	Beef Taco Stick (2MA, 2G)) Turkey & Cheese Cracker Kit (2M/1G) Cheese Pizza Kit (V) (2MA, 2G)	Cheese Pizza Kit (2M/2G) Turkey & Cheese Pretzel Sandwich (2M,1G) Soybutter Sandwich (V) (2M/2G)
28	29	30	31	1
Hot Dog & Fries (2M/2G) Turkey & Cheese Pretzel Sandwich (2M/2G) "P"B & J Sandwich Kit (V) (2MA, 2G)	Chicken Dumplings w/ Rice (2M/1G) Chicken Salad & Cheese Kit (2M/2G) Mantecada Muffin & Yogurt Kit (V) (2M/2G)	Chicken Tamale w/ Beans (2M,2G) Turkey & Cheese Crackers Kit (2M/2G) Muffin & Seeds Kit (V) (2M,2G)	Cheese Lasagna (2M,2G) Turkey & Cheese Sub (2M/2G) Yogurt Parfait w/ Granola (V) (2M/1G)	Pepperoni Pizza (2M/2G) Turkey & Cheese Pretzel Sandwich (2M/2G) Cheese Pizza Kit (V) (2M,2G)
Supper Includes:		Featured Fruit:	RevUp Rewards:	
Choice of 1% or Fat Free Milk 1/2 cup Fruit & 1/2 cup Vegetable included with each meal. (V) Vegetarian *All grains are wholegrain rich		Monday: Juice or Orange Tuesday: Apple Wednesday: Orange Thursday: Apple Slices Friday: Pear	Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# ALLERGY FRIENDLY



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Weekly Breakfast Menu

Cinnamon Chex Bowl, Strawberry Rockinola Granola	GF Cheerios Bowl, Chocolate Rockinola Granola	Cocoa Krispies Bowl, Cinnamon Rockinola Granola	Rice Krispies Bowl, Strawberry Rockinola Granola	Corn Chex Bowl, Chocolate Rockinola Granola
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## Weekly Lunch Menu

Turkey Marinara Bowl w/ Green Peas	Chicken Fajitas Bowl w/ Green Beans	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn
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## Weekly Snack Menu

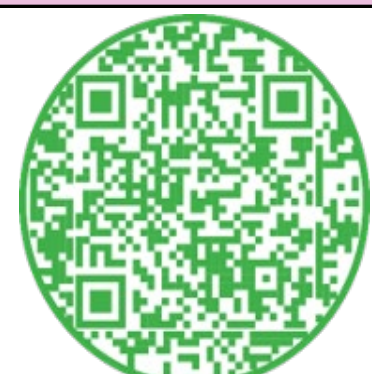
Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*	Hummus & Corn Chips	Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*
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## Weekly Supper Menu

Chicken Fajitas Bowl w/ Green Beans	Turkey Marinara Bowl w/ Green Peas	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini
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## Handling Instructions

<p>Keep food frozen/refrigerated until ready to cook and serve.</p> <p>Tear open the side of the film, place the tray in the microwave and microwave on high for 3-5 minutes. Ensure the internal temperature reaches 165°F. Allow the food to rest for 1 minute.</p> <p>For conventional oven, set the oven temperature at 300°F, heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F.</p>
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<b><i>Lunch Includes:</i></b>	<b><i>Veg of the Day:</i></b>	<b><i>Feautured Fruit:</i></b>	<b><i>RevUp Rewards:</i></b>
<p>Choice of 1% or Fat Free Milk</p> <p>Fruit &amp; Vegetable of the Day</p> <p><b>(V)</b> Vegetarian</p> <p>*May include an extra 1/2 cup veg for compliance</p> <p><b>*All grains are wholegrain rich</b></p>	<p><b>Monday:</b> French Fries</p> <p><b>Tuesday:</b> Carrots</p> <p><b>Wednesday:</b> Crunchy Beans</p> <p><b>Thursday:</b> Cucumber / Celery</p> <p><b>Friday:</b> Side Salad w/ Dressing</p>	<p>Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice</p> <p><b>Seasonal: Tangerine &amp; Mandarin</b></p>	<p>Scan Our QR Code Daily</p> <p>Rate the Meal You Ate</p> <p><b>You're Entered to Win!</b></p> <p>Drawings Monthly</p> <p>Learn More and See Prizes:</p> <p><a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a></p> 

## Our Allergen Management Plan:

Revolution Foods takes food safety and customer safety seriously. We have an allergen management plan in place to prevent allergen cross-contamination. This meal is free of major 9 allergens and manufactured on a validated clean line. The sanitation process is verified by performing allergen residue testing. Every production batch is being tested against these listed allergies up to the stated limit of detection (LOD) using an accredited test method.	Target Allergen	LOD (Limit of Detection)	Target Allergen	LOD (Limit of Detection)
	Almond Protein	2 ppm	Gluten Protein	4 ppm
	Brazil Nut Protein	5 ppm	Hazelnut Protein	5 ppm
	Cashew/Pistachio Protein	2 ppm	Macadamia nut Protein	2 ppm
	Coconut Protein	10 ppm	Total Milk Protein	1 ppm
	Crustacean Protein	2 ppm	Peanut Protein	1 ppm
	Whole Egg Protein	2 ppm	Walnut Protein	10 ppm
	Soy Protein	2 ppm	Sesame Protein	5 ppm

This institution is an equal opportunity provider. Menus are subject to change without notice for another AFM option.