

DECEMBER BREAKFAST



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Cinnamon Crumble Cinnamon Chex Cereal Mini Pancakes (V)	Chocolate Chip Muffin Top Cheerios Cereal Sausage & Cheese Croissant Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Cheerios Cereal Egg Scramble w/ Sausage	Strawberry Yogurt Parfait w/ Granola Honey Bunches of Oats Cereal Waffle
8	9	10	11	12
Bagel w/ Cream Cheese Honey Bunches Of Oats Pancake Sausage Sandwich	Vanilla Concha Cheerios French Toast Sticks	Strawberry Banana Smoothie w/Granola Cinnamon Chex Cereal Mini Pancakes (V)	Blueberry Muffin Honey Bunches of Oats Cereal Breakfast Burrito	Cinnamon Swirl Cinnamon Chex Cereal Sausage Stuffed Waffle
15	16	17	18	19
Cinnamon Crumble Cinnamon Chex Cereal French Toast Sticks (V)	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal Sausage Stuffed Waffle	Mantecada Muffin Cheerios Cereal Egg Scramble w/ Sausage	Strawberry Yogurt Parfait w/ Granola Honey Bunches of Oats Cereal Mini Pancake (V)
22	23	24	25	26
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	Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Tangerines		Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

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8	9	10	11	12
Bagel w/ Cream Cheese Honey Bunches of Oats Cereal	Vanilla Concha Cheerios Cereal French Toast Sticks (V)	Strawberry Banana Smoothie w/Granola Cinnamon Chex Cereal	Blueberry Muffin Honey Bunches of Oats Cereal Breakfast Burrito	Cinnamon Swirl Cinnamon Chex Cereal
15	16	17	18	19
Cinnamon Crumble Cinnamon Chex Cereal	Chocolate Chip Muffin Top Cheerios Cereal English Muffin Sausage Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal	Mantecada Muffin Cheerios Cereal Mini Pancakes (V)	Strawberry Yogurt Parfait w/ Granola Honey Bunches of Oats Cereal
22	23	24	25	26

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	Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Tangerines	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

DECEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Cheeseburger & Fries Hot Dog & Fries BYO Seedbutter & Jelly Sandwich Kit/ Corn (V)	Penne Pasta w/ Meatsauce Chicken Tamale w/ Mixed Vegetables Cheese Pizza Kit (V)	Bean & Cheese Burrito w/ Fava Beans (V) Turkey Queso Blanco w Pinto Beans Southwest Chicken Salad w/ Dinner Roll	Teriyaki Chicken w/ Rice & Carrots Bean & Cheese Pupusa w/ Curtido (V) Asian Chicken Salad	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
8	9	10	11	12
Crispy Chicken Sandwich & Fries Chicken Bites w/ Mashed Potatoes BYO Seedbutter & Jelly Sandwich Kit/ Corn (V)	Pizza Bites w/ Marinara (V) Chicken Tamale w/ Mixed Vegetables Turkey Trio Sandwich	Turkey Nachos w/ Tortilla Chips Cheese Tamale w/ Black Beans Veggie Chef Salad	Holiday Turkey Meal w/ Mashed Potatoes Pizza Bites w/ Marinara Sauce (V) Yogurt & Mantacada Kit w/ Baby Carrots (V)	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
15	16	17	18	19
Hot Dog & Fries Crispy Chicken Sandwich & Fries BYO Seedbutter & Jelly Sandwich Kit/ Corn (V)	Orange Chicken w/ Rice & Peas Penne Pasta w/ Meatsauce Cheese Pizza Kit (V)	Beef Taco Stick w/ Fava Beans Cheese Tamale w/ Black Beans Chicken Salad & Cheese Kit & Crispy Beans	Pizza Bites w/ Marinara (V) Mac & Cheese w/ Diced Carrots (V) Caesar Chicken Salad WG Star Cookie	Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich
22	23	24	25	26
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	Monday: French Fries Tuesday: Crispy Beans Wednesday: Baby Carrots Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Apple Slices, Bananas, Dried Cranberries, Pears, Raisins, 100% Juice Seasonal: Tangerines	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	



ALLERGY FRIENDLY



Monday	Tuesday	Wednesday	Thursday	Friday
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Weekly Breakfast Menu

Cinnamon Chex Bowl, Strawberry Rockinola Granola	GF Cheerios Bowl, Chocolate Rockinola Granola	Cinnamon Chex Bowl, Strawberry Rockinola Granola	GF Cheerios Bowl, Chocolate 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 Chocolate Granola, Fruit*	Corn Tortilla Chips, Fruit*	Rockinola Cinnamon Granola, Fruit*	Rockinola Strawberry Granola, Fruit*	Corn Tortilla Chips, 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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Lunch Includes:		
<p>Milk Alternatives are available through the A La Carte Menus. (Additional fees may apply.)</p> <p>This institution is an equal opportunity provider.</p> <p>Menus are subject to change without notice for another AFM option.</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

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DECEMBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	5	6
Cheddar Goldfish & Fruit	Kettle Corn & Juice	Goldfish Cheddar & Fruit	Cheese Puffs & Fruit	Goldfish Cheddar & Fruit
8	9	10	11	12
Honey Grahams & Fruit	Ranch Crackers & Juice	Educational Crackers & Fruit	Cinnamon Crackers & Fruit	BBQ Poptillas & Juice
15	16	17	18	19
Goldfish & Fruit	Cinnamon Granola & Juice	Pizza Crackers & Fruit	Pizza Crackers & Fruit	Goldfish Pretzels & Fruit
22	23	24	25	26

Snack Includes:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable
 Fruit Rotation: Apples, Oranges, Pears, 100% Fruit Juice
 *All fruits meet 3/4 cup equivalent
 *All grains are wholegrain rich
Monday: apple **Tuesday:** juice or orange **Wednesday:** Pear **Thursday:** n/a or juice/orange **Friday:** apple

RevUp Rewards:

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DECEMBER SUPPER



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Grilled Cheese (V) (2M/2G) Italian Trio Sandwich (2M/2G) Mantecada Muffin & Yogurt Kit (V)(2M/2G)	Chicken Dumplings w/ Peas (2M,1G) Cold Teriyaki Pasta Salad (2M/1G) "P"B&J Sandwich Kit (V) (2M/2G)	Hot Dog & Fries (2M,2G) Turkey & Cheese Pretzel Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pizza Dippers w/ Marinara Sauce (2MA, 2G) Chicken Salad & Cheese Cracker Kit (2M,1G) Soy Butter Sandwich (V) (2M/2G)	Teriyaki Chicken w/ Rice & Carrots (2M,1G) Chicken Caesar Salad w/ Croutons (2M/2G) Veggie Chef Salad w/ Egg (V) (2M/2G)
8	9	10	11	12
Beef Taco Stick(2M/2G) Turkey & Cheese Pretzel Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pepperoni Pizza (2M/2G) Turkey & Cheese Sub Sandwich (2M/1G) Soy Butter Sandwich (V) (2M/2G)	Bean & Cheese Burrito (2M/2G) Chicken Pasta Salad (2M, 1G) Mantecada Muffin & Yogurt Kit (V)(2M/2G)	Chicken Tamale w/ Mixed Vegetables (2M,2G) Italian Trio Sandwich (2M/2G) Veggie Chef Salad w/ Egg (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G) Chicken Salad & Cheese Cracker Kit (2M/1G) "P"B&J Sandwich Kit (V) (2M/2G)
15	16	17	18	19
Grilled Cheese (V) (2M/2G) Italian Trio Sandwich (2M/2G) Mantecada Muffin & Yogurt Kit (V)(2M/2G)	Chicken Dumplings w/ Peas (2M,1G) Cold Teriyaki Pasta Salad (2M/1G) "P"B&J Sandwich Kit (V) (2M/2G)	Hot Dog & Fries (2M,2G) Turkey & Cheese Pretzel Sandwich (2M/1G) Cheese Pizza Kit (V) (2M/2G)	Pizza Dippers w/ Marinara Sauce (2MA, 2G) Chicken Salad & Cheese Cracker Kit (2M,1G) Soy Butter Sandwich (V) (2MA, 2G)	Teriyaki Chicken w/ Rice & Carrots (2M,1G) Chicken Caesar Salad w/ Croutons (2M/2G) Veggie Chef Salad w/ Egg (V) (2M/2G)
22	23	24	25	26
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 Apple Tuesday: Apple or Pear Wednesday: Orange Thursday: Apple Slices Friday: Apple or Raisins		Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

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*Supper - CACFP