

September Menu

BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Sausage & Cheese Stuffed Waffle	Mini Maple Pancakes	Sausage & Cheese Croissant	Mini Strawberry Pancakes
	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin	Croissant with Jelly	Yogurt & Honey Grahams
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal
French Toast Sticks	Sausage Pancake Sandwich	Egg & Cheese Burrito with Green Salsa	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Vanilla Concha	Banana Muffin	Bagel & Cream Cheese	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal
French Toast Sticks	Sausage & Cheese English Muffin Breakfast Sammie	Mini Strawberry Pancakes	Waffle	Egg & Cheese Burrito with Green Salsa
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Apple Hand Pie	Sausage & Cheese Stuffed Waffle	Mini Maple Pancakes	Sausage & Cheese Croissant	Mini Strawberry Pancakes
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 28	Sep 29	Sep 30		
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin		
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal		
French Toast Sticks	Sausage Pancake Sandwich	Egg & Cheese Burrito with Green Salsa		
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple		

Breakfast Includes:
 Choice of 1% or Fat Free Milk
 & Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



September Menu

BREAKFAST HOT DELIVERY



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Sausage & Cheese Stuffed Waffle		Mini Maple Pancakes	
	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin	Croissant with Jelly	Yogurt & Honey Grahams
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal
	Sausage Pancake Sandwich		Oatmeal with Blueberries	
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Vanilla Concha	Banana Muffin	Bagel & Cream Cheese	Berry & Apple Zee Zee Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal
	Egg & Cheese Burrito with Green Salsa		French Toast Sticks	
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Sausage & Cheese Stuffed Waffle		Mini Maple Pancakes	
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 28	Sep 29	Sep 30		
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin		
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal		
	Sausage Pancake Sandwich			
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple		

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



September Menu

BREAKFAST GRAB 'N Go



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Croissant with Jelly	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin	Croissant with Jelly	Balance Foods Chocolate Puffs Cereal
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal	Cinnamon Chex Cereal	
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Vanilla Concha	Banana Muffin	Bagel & Cream Cheese	Mantecada Muffin	Balance Foods Maple Cinnamon Puff Cereal
Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Cinnamon Swirl	Croissant with Jelly	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 28	Sep 29	Sep 30		
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin		
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal		
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple		

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

*All Grains Are Wholegrain Rich
Menu is Subject to Change*

September Menu

LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Pasta with Meat Sauce	Cheesy Mozz Bites with Marinara	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
	Bean & Cheese Burrito with Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Turkey Nachos with Refried Beans & Tortilla Chips	Pepperoni Pizza
	Chicken Salad Sandwich with Baby Carrots	Chicken Dumplings with Mixed Veg	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Crispy Chicken Sandwich
	Wow Butter & Jelly Sandwich with Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Turkey & Cheese Sub
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Cheeseburger & Fries	Mac & Cheese with Diced Carrots	Chicken Bites with Corn	Cheese Tamale with Black Beans	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Firecracker Chicken Dumplings Edamame & Peas	Bean & Cheese Pupusa with Pinto Beans	Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Grilled Cheese Sandwich with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Bean & Cheese Burrito
Turkey & Cheese Sub - Corn with Tajin	Italian Turkey Trio Sub with Baby Carrots	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Roll	Wow Butter & Jelly Sandwich
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Crispy Chicken Sandwich & Fries	Cheesy Mozz Bites with Marinara	Hot Dog & Fries	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Burrito with Baby Carrots	Chicken Tamale with Pinto Beans	Pepperoni Pizza
Turkey & Cheese Sub - Corn with Tajin	Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Baby Carrots	Chicken Teriyaki with Rice & Diced Carrots	Grab 'N Go Chicken Salad, Crackers, & Fava Bean Crisps	Beef & Cheese Burrito
Wow Butter & Jelly Sandwich - Corn with Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Roll
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Chicken Bites & Fries	Pasta with Meat Sauce	Cheesy Mozz Bites with Marinara	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Turkey Nachos with Refried Beans & Tortilla Chips	Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Dumplings with Mixed Veg	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese Sub - Corn with Tajin	Wow Butter & Jelly Sandwich with Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Turkey & Cheese Sub
Sep 28	Sep 29	Sep 30		
Cheeseburger & Fries	Mac & Cheese with Diced Carrots	Chicken Bites with Corn		
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Firecracker Chicken Dumplings Edamame & Peas		
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Grilled Cheese Sandwich with Baby Carrots		
Turkey & Cheese Sub - Corn with Tajin	Italian Turkey Trio Sub with Baby Carrots	Asian Chicken Salad with Crispy Noodles		
Extra 1/4 c Veg: Baby Carrots	Extra 1/4 c. Veg: Celery Sticks	Extra 1/4 c. Veg: Cucumber with Tajin	Extra 1/4 c. Veg: Jicama Cubes	Extra 1/4 c. Veg: Broccoli
Fruit: 100% Fruit Juice	Fruit: Apple	Fruit: Banana	Fruit: Nectarine	Fruit: Peach

Lunch Includes:
 Choice of 1% or Fat Free Milk,
 Fruit & Vegetable of the Day

Vegetarian Meals in Green
 All Grains Are Wholegrain Rich
 Menu is Subject to Change



September Menu

SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Giant Cinnamon Grahams	Balance Foods Cheese Puffs	Goldfish Cheddar Crackers	Wheat Crackers
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Sunflower Seeds	Balance Foods Churro Poptillas	Chocolate Granola	Balance Foods Nacho Poptillas	Honey Graham Crackers
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Mozzarella String Cheese	Goldfish Pretzels	Honey Graham Crackers	Ranch Crackers	Vanilla Crackers
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Balance Foods Sea Salt Poptillas	Giant Cinnamon Grahams	Balance Foods Cheese Puffs	Goldfish Cheddar Crackers	Wheat Crackers
Sep 28	Sep 29	Sep 30		
Sunflower Seeds	Balance Foods Churro Poptillas	Chocolate Granola		
Fruit: Apple	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Pear	Fruit: 100% Fruit Juice

Snack Includes:
Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change

September Menu

SUPPER



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Crispy Chicken Sandwich & Fries	Chicken Tamale with Pinto Beans	Pepperoni Pizza with Baby Carrots	Pineapple Chicken Teriyaki with Rice & Diced Carrots
	Grab 'N Go Egg Salad Sandwich with Baby Carrots & Fruit	Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Chicken Caprese Salad with Pear	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit
	Grab 'N Go Cold Chicken Teriyaki Pasta with Cabbage, Carrot & Apple	Grab 'N Go Chicken Salad, Cheese, & Crackers with Baby Carrots & Applesauce	Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit
	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
Mac & Cheese with Diced Carrots	Bean & Cheese Burrito with Baby Carrots	Cheese Pizza with Baby Carrots	Chicken Dumplings with Edamame & Peas	Chicken Bites with Mashed Potatoes
Grab 'N Go Wowbutter & Jelly Sandwich with Juice & Fruit	Grab 'N Go Vegetarian Chef Salad with Apple	Grab 'N Go Chicken Caesar Salad with Apple	Grab 'N Go Chicken Salad & Cheese Crackers with Baby Carrots & Applesauce	Grab 'N Go Sunflower Seeds & String Cheese with Baby Carrots & Juice
Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Chicken Salad Sandwich with Baby Carrots & Fruit	Grab 'N Go Sunflower Seeds & String Cheese with Baby Carrots & Juice	Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	Grab 'N Go Turkey & Cheese Sandwich with Baby Carrots & Pear
Fruit: Pear	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Beef & Cheese Burrito with Baby Carrots	Chicken Teriyaki with Rice & Diced Carrots	Bean & Cheese Pupusa with Baby Carrots	Cheeseburger & Fries	Cheesy Mozz Bites with Marinara
Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit	Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit	Grab 'N Go Vegetarian Chef Salad with Apple	Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice
Grab 'N Go Chicken Pasta Salad with Baby Carrots & Apple	Grab 'N Go Italian Turkey Trio Hoagie with Baby Carrots & Apple	Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Asian Chicken Salad
Fruit: Pear	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Grilled Cheese Sandwich with Baby Carrots	Crispy Chicken Sandwich & Fries	Chicken Tamale with Pinto Beans	Pepperoni Pizza with Baby Carrots	Pineapple Chicken Teriyaki with Rice & Diced Carrots
Grab 'N Go Turkey & Cheese Sandwich with Baby Carrots & Pear	Grab 'N Go Egg Salad Sandwich with Baby Carrots & Fruit	Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Chicken Caprese Salad with Pear	Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit
Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice	Grab 'N Go Cold Chicken Teriyaki Pasta with Cabbage, Carrot & Apple	Grab 'N Go Chicken Salad, Cheese, & Crackers with Baby Carrots & Applesauce	Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit
Fruit: Pear	Fruit: Banana	Fruit: Peach	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 28	Sep 29	Sep 30		
Mac & Cheese with Diced Carrots	Bean & Cheese Burrito with Baby Carrots	Cheese Pizza with Baby Carrots		
Grab 'N Go Wowbutter & Jelly Sandwich with Juice & Fruit	Grab 'N Go Vegetarian Chef Salad with Apple	Grab 'N Go Chicken Caesar Salad with Apple		
Grab 'N Go Cheese Pizza Kit with Apple	Grab 'N Go Chicken Salad Sandwich with Baby Carrots & Fruit	Grab 'N Go Sunflower Seeds & String Cheese with Baby Carrots & Juice		
Fruit: Pear	Fruit: Banana	Fruit: Peach		

Supper Includes:
 Unflavored 1% Milk (Elementary)
 Choice of Fat Free Chocolate or Unflavored 1% Milk (Upper Grades)
 1/2c Fruit and 1/2c Vegetable

All Grains Are Wholegrain Rich
Menu is Subject to Change
**See Next Page for Crediting*

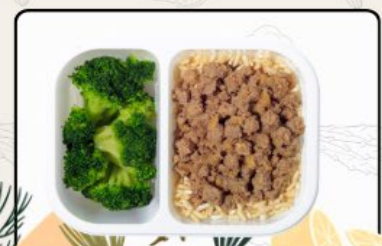
SUPPER CREDITING

Meal Name	Meat	Grain	Fruit	Veg	Milk
Cheesy Mozz Bites with Marinara	2	2	0	0.5	0
Bean & Cheese Burrito with Baby Carrots	2	2	0	0.5	0
Beef & Cheese Burrito with Baby Carrots	2	2	0	0.5	0
Chicken Bites with Mashed Potatoes	2	1	0	0.5	0
Pineapple Chicken Teriyaki with Rice & Diced Carrots	2.25	1	0	0.5	0
Chicken Teriyaki with Rice & Diced Carrots	2	1	0	0.5	0
Chicken Dumplings with Edamame & Peas	2	1.25	0	0.5	0
Grab 'N Go Chicken Salad, Cheese, & Crackers with Baby Carrots & Applesauce	2.5	1	0.5	0.5	0
Grab 'N Go Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	2	2	0.5	0.5	0
Grab 'N Go Mantecada Muffin, Yogurt & String Cheese with Baby Carrots & Juice	2	2	0.5	0.5	0
Grab 'N Go Cheese Pizza Kit with Apple	2	2	0.5	0.5	0
Grab 'N Go Build Your Own Seedbutter Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Sunflower Seeds & String Cheese with Baby Carrots & Juice	2	1	0.5	0.5	0
Grab 'N Go Yogurt, String Cheese, Granola & Baby Carrots with Fruit	2	1	0.5	0.5	0
Grab 'N Go Cold Chicken Teriyaki Pasta with Cabbage, Carrot & Apple	2.25	1.25	0.5	0.5	0
Grab 'N Go Chicken Pasta Salad with Baby Carrots & Apple	2.25	1	0.5	0.625	0
Grab 'N Go Asian Chicken Salad	2.25	1	0.25	0.75	0
Grab 'N Go Chicken Caesar Salad with Apple	2	1.5	0.5	0.5	0
Grab 'N Go Chicken Caprese Salad with Pear	2.25	2	0.5	0.625	0
Grab 'N Go Vegetarian Chef Salad with Apple	2	1	0.5	0.625	0
Grab 'N Go Chicken Salad Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Egg Salad Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Italian Turkey Trio Hoagie with Baby Carrots & Apple	2	2	0.5	0.5	0
Grab 'N Go Turkey & Cheese Pretzel Sandwich with Baby Carrots & Fruit	2	2	0.5	0.5	0
Grab 'N Go Turkey & Cheese Sandwich with Baby Carrots & Pear	2	2	0.5	0.5	0
Grab 'N Go Wowbutter & Jelly Sandwich with Juice & Fruit	2	2	0.5	0.5	0
Mac & Cheese with Diced Carrots	2	1	0	0.5	0
Cheese Pizza with Baby Carrots	2	2	0	0.625	0
Pepperoni Pizza with Baby Carrots	2	2	0	0.625	0
Bean & Cheese Pupusa with Baby Carrots	2	2	0	0.5	0
Cheeseburger & Fries	2.5	2	0	0.5	0
Crispy Chicken Sandwich & Fries	2	3	0	0.5	0
Grilled Cheese Sandwich with Baby Carrots	2	2	0	0.5	0
Chicken Tamale with Pinto Beans	2	2	0	0.5	0
Apple	0	0	0.5	0	0
Banana	0	0	0.5	0	0
100% Fruit Juice	0	0	0.5	0	0
Peach	0	0	0.5	0	0
Pear	0	0	0.5	0	0
1% Milk	0	0	0	0	1
Chocolate Milk	0	0	0	0	1



September Menu

ALLERGEN FRIENDLY



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY BREAKFAST MENU				
Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Corn Chex Cereal Chocolate Rockinola Granola
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
WEEKLY SNACK MENU				
Rockinola Chocolate Granola, Fruit*	Corn Tortilla Chips, Fruit*	Rockinola Cinnamon Granola, Fruit*	Rockinola Strawberry Granola, Fruit*	Corn Tortilla Chips, Fruit*
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
HANDLING INSTRUCTIONS				
Keep food frozen/refrigerated until ready to cook and serve. 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. 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.				
ALLERGEN MANAGEMENT PLAN				
Revolution Foods takes food safety & student safety seriously. We have an allergen management plan in place to prevent allergen cross-contamination. This meal is free of major 9 allergens plus gluten and manufactured on a validated clean line. The sanitation process is verified by performing allergen residue testing. Every production batch is being tested against the listed allergies up to the stated limit of detection (LOD) using an accredited test method. Please note while gluten meets the LOD to be categorized as gluten-free, Revolution Foods is not a certified gluten-free facility.				
Milk Alternatives are available through the A La Carte Menus. (Additional fees may apply.)	Target Allergen	LOD (Limit of Detection)	Target Allergen	LOD (Limit of Detection)
	Almond Protein	20 ppm	Gluten Protein	5 ppm
	Fish Protein	5 ppm	Hazelnut Protein	20 ppm
	Custacean Protein	10 ppm	Total Milk Protein	2.5 ppm
	Fish Protein	5 ppm	Peanut Protein	1 ppm
	Egg Protein	1.25 ppm	Walnut Protein	2.5 ppm
	Soy Protein	1.5 ppm	Sesame Protein	3 ppm