



November Menu BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Yogurt & Honey Grahams	Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar
Cinnamon Chex Cereal	Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
Mini Maple Pancakes	Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Strawberry Yogurt Parfait with Cinnamon Granola	Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams
Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal
Waffle	French Toast Sticks	Mini Maple Pancakes	Egg & Cheese Burrito with Green Salsa	Sausage & Cheese Stuffed Waffle
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Blueberry Muffin	Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top
Cheerios Cereal	Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Mini Strawberry Pancakes	Waffle	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Yogurt & Honey Grahams	Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar
Cinnamon Chex Cereal	Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
Mini Maple Pancakes	Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie
Fruit: Apple & Pear	Fruit: Orange & Apple Slices	Fruit: Banana & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple

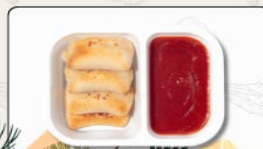
Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

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



November Menu

LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Cheese Pizza	Bean & Cheese Burrito with Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Bread Roll
Pepperoni Pizza	Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese with Mixed Veg	Bean & Cheese Pupusa with Pinto Beans
Crispy Chicken Sandwich	Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich with Fava Bean Crisps
Wow Butter & Jelly Sandwich	Wow Butter & Jelly Sandwich with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Cheese Pizza	Cheeseburger & Fries	Beef Marinara Pasta	Cheesy Mozz Bites with Marinara	Cheese Tamale with Black Beans
Turkey-Beef Pepperoni Pizza	Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots	Grilled Cheese Sandwich with Baby Carrots	Turkey Nachos with Refried Beans & Tortilla Chips
Bean & Cheese Burrito	Beef & Cheese Taco Stick with Corn Tajin	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Firecracker Chicken Dumplings with Peas	Wow Butter & Jelly Sandwich with Fava Bean Crisps
Chicken Caesar Salad & Bread Roll	Turkey & Cheese Sub with Corn Tajin	Build your Own Cheese Pizza Kit	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Bread Roll
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Cheese Pizza	Chicken Bites & Mashed Potatoes	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps
Turkey-Beef Pepperoni Pizza	Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa with Curtido	Chicken Tamale with Pinto Beans
Holiday Turkey w/ Gravy & Mashed Potatoes with Bread Roll	Build Your Own Seed Butter & Jelly Sammie with Corn Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps
Turkey & Cheese Sub	Turkey & Cheese on Pretzel Bun with Corn Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Bread Roll
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Cheese Pizza	Bean & Cheese Burrito with Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Bread Roll
Turkey-Beef Pepperoni Pizza	Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese with Mixed Veg	Bean & Cheese Pupusa with Pinto Beans
Crispy Chicken Sandwich	Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich with Fava Bean Crisps
Wow Butter & Jelly Sandwich	Wow Butter & Jelly Sandwich with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps
Veg: Broccoli with Ranch	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
Fruit: Apple	Fruit: 100% Fruit Juice	Fruit: Mandarin	Fruit: Banana 11/5, 11/12, 11/26 Berry Cup 11/19	Fruit: Orange

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



November Menu

SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Sunflower Seeds	Mozzarella String Cheese	Ranch Crackers	Honey Graham Crackers	Goldfish Pretzels
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Vanilla Crackers	Balance Foods BBQ Poptillas	Giant Cinnamon Grahams	Balance Foods Nacho Poptillas	Wheat Crackers
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Goldfish Cheddar Crackers	Honey Graham Crackers	Balance Foods Churro Poptillas	Pizza Crackers	Balance Food Cheese Puffs
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Sunflower Seeds	Mozzarella String Cheese	Ranch Crackers	Honey Graham Crackers	Goldfish Pretzels
Fruit: 100% Fruit Juice	Fruit: Apple	Fruit: Pear	Fruit: Apple	Fruit: Orange

Snack Includes:
Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



FRESH MADE MEALS

November 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. School partners should maintain appropriate allergen-control practices during storage, heating, handling, and service after meals are received.

ALLERGEN MANAGEMENT PLAN

The Allergy-Friendly Meal program offers limited variations of meals that are free of the top nine allergens as defined by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) and the Food Allergy Safety, Treatment, Education, and Research Act (FASTER Act) of 2021. These allergens include milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. In addition, our Allergy-Friendly Meals are gluten-free as defined by the FDA (Federal Register :: Food Labeling; Gluten-Free Labeling of Foods). Revolution Foods is not a certified gluten-free facility. Revolution Foods maintains an allergen management program designed to minimize the risk of allergen cross-contact during production of Allergy-Friendly Meals. Please refer to our Allergy-Friendly Meals Policy for more information.

Milk Alternatives are available through the A La Carte Menus. (Additional fees may apply.)