



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Croissant with Jelly	Yogurt & Honey Grahams
			Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal
			Oatmeal with Blueberries	Mini Maple Pancakes
			Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Waffle	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie	Waffle
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Plum & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
French Toast Sticks	Mini Maple Pancakes	Egg & Cheese Burrito with Green Salsa	Sausage & Cheese Stuffed Waffle	Mini Strawberry Pancakes
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Waffle	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 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



REVOLUTION
FOODS

FRESH MADE MEALS

October Menu

BREAKFAST HOT DELIVERY



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Croissant with Jelly	Yogurt & Honey Grahams
			Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal
			Oatmeal with Blueberries	
			Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Waffle		Oatmeal with Blueberries	
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
	Egg & Cheese Burrito with Green Salsa		Mini Strawberry Pancakes	
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Plum & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
	French Toast Sticks		Sausage & Cheese Stuffed Waffle	
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Waffle		Oatmeal with Blueberries	
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 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



October Menu

BREAKFAST GRAB 'N Go



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Croissant with Jelly	Balance Foods Chocolate Puffs Cereal
			Cinnamon Chex Cereal	
			Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Cinnamon Crumble	Bagel & Seedbutter	Croissant with Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Yogurt & Honey Grahams	Mantecada Muffin
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Plum & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
Cinnamon Swirl	Yogurt & Honey Grahams	Strawberry Banana Smoothie with Granola	Bagel & Cream Cheese	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 100% Fruit Juice	Fruit: Apple Slices & Banana	Fruit: Pear & Apple
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Cinnamon Crumble	Bagel & Seedbutter	Croissant with Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Fruit: Apple & Pear	Fruit: Banana & Apple Slices	Fruit: Pear & 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



FRESH MADE MEALS

October Menu

LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Cheese Tamale with Black Beans	Cheese Pizza
			Bean & Cheese Pupusa with Pinto Beans	Pepperoni Pizza
			Turkey & Cheese Sub with Fava Bean Crisps	Bean & Cheese Burrito
			Southwest Chicken Salad & Roll	Wow Butter & Jelly Sandwich
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Chicken Bites & Mashed Potatoes	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa w/ Curtido	Chicken Tamale with Pinto Beans	Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese on Pretzel Bun - Corn with 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 & Roll	Wow Butter & Jelly Sandwich
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
Bean & Cheese Burrito w/ Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese w/ Mixed Veg	Bean & Cheese Pupusa with Pinto Beans	Pepperoni Pizza
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 w/ Roasted Chickpeas	Bean & Cheese Burrito
Wow Butter & Jelly Sandwich - Corn with 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	Chicken Caesar Salad & Roll
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
Cheeseburger & Fries	Pasta w/ Meat Sauce	Cheesy Mozz Bites with Marinara	Cheese Tamale with Black Beans	Cheese 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	Pepperoni Pizza
Beef & Cheese Taco Stick with Corn Tajin	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Firecracker Chicken Dumplings Edamame & Peas	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Beef & Cheese Burrito
Turkey & Cheese Sub - Corn with Tajin	Build your Own Cheese Pizza Kit	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Roll	Turkey & Cheese Sub
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Chicken Bites & Mashed Potatoes	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa w/ Curtido	Chicken Tamale with Pinto Beans	Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese on Pretzel Bun - Corn with 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 & Roll	Wow Butter & Jelly Sandwich
Extra 1/4 c Veg: Baby Carrots	Extra 1/4 c. Veg: Celery Sticks	Extra 1/4 c. Veg: Cucumber & Tajin	Extra 1/4 c. Veg: Jicama	Extra 1/4 c. Veg: Side Salad
Fruit: 100% Fruit Juice	Fruit: Plum	Fruit: Banana	Fruit: Persimmon or Pear	Fruit: Apple

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



October Menu

BUFFET LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Cheese Tamale with Black Beans	Cheese Pizza
			Southwest Chicken Salad & Roll	Pepperoni Pizza
				Wow Butter & Jelly Sandwich
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Chicken Bites with Mashed Potatoes	Mac & Cheese with Diced Carrots	Bean & Cheese Pupusa with Curtido	Chicken Tamale with Pinto Beans	Cheese Pizza
Turkey & Cheese Sub - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Teriyaki with Rice and Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Pepperoni Pizza
			Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Crispy Chicken Sandwich
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
Orange Chicken with Rice & Peas	Cheesy Mozz Bites with Marinara	Beef Sesame Rice Bowl with Broccoli	Cheese Tamale with Black Beans	Cheese Pizza
Turkey & Cheese Sub - Corn with Tajin	Italian Turkey Trio Sub with Baby Carrots	Mac & Cheese with Mixed Veg	Turkey & Cheese Sub with Fava Bean Crisps	Pepperoni Pizza
		Build Your Own Seed Butter & Jelly Sammie with Baby Carrots		Chicken Caesar Salad & Roll
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
Cheeseburger & Fries	Pasta with Meat Sauce	Cheesy Mozz Bites with Marinara	Turkey Nachos with Refried Beans & Tortilla Chips	Cheese Pizza
Turkey & Cheese Sub - Corn with Tajin	Build Your Own Cheese Pizza Kit	Asian Chicken Salad with Crispy Noodles	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Pepperoni Pizza
			Southwest Chicken Salad & Roll	Beef & Cheese Burrito
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Chicken Bites with Mashed Potatoes	Mac & Cheese with Diced Carrots	Bean & Cheese Pupusa with Curtido	Chicken Tamale with Pinto Beans	Cheese Pizza
Turkey & Cheese Sub - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Teriyaki with Rice and Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Pepperoni Pizza
			Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Crispy Chicken Sandwich
Extra 1/4 c Veg: Baby Carrots	Extra 1/4 c. Veg: Celery Sticks	Extra 1/4 c. Veg: Cucumber & Tajin	Extra 1/4 c. Veg: Jicama	Extra 1/4 c. Veg: Side Salad
Fruit: 100% Fruit Juice	Fruit: Plum	Fruit: Banana	Fruit: Persimmon or Pear	Fruit: Apple

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



October Menu SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Balance Foods Nacho Poptillas	Honey Graham Crackers
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Honey Graham Crackers	Balance Foods Churro Poptillas	Pizza Crackers	Balance Foods Cheese Puffs	Sunflower Seeds
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
Mozzarella String Cheese	Ranch Crackers	Honey Graham Crackers	Goldfish Pretzels	Vanilla Crackers
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
Balance Foods BBQ Poptillas	Giant Cinnamon Grahams	Balance Foods Nacho Poptillas	Wheat Crackers	Goldfish Cheddar Crackers
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30
Honey Graham Crackers	Balance Foods Churro Poptillas	Pizza Crackers	Balance Food Cheese Puffs	Sunflower Seeds
Fruit: Apple	Fruit: 100% Fruit Juice	Fruit: Pear	Fruit: Apple	Fruit: 100% Fruit Juice

Snack Includes:
Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



FRESH MADE MEALS

October Menu

SUPPER



Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Chicken Dumplings with Edamame & Peas	Chicken Bites with Mashed Potatoes
			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 Blueberry Muffin, Sunflower Seeds & String Cheese with Baby Carrots & Pear	Grab 'N Go Turkey & Cheese Sandwich with Baby Carrots & Pear
			Fruit: 100% Fruit Juice	Fruit: Apple
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
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: Apple	Fruit: Pear	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Apple
Oct 12	Oct 13	Oct 14	Oct 15	Oct 16
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: Apple	Fruit: Plum	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Apple
Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
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: Apple	Fruit: Pear	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Apple
Sep 28	Sep 29	Sep 30	Oct 1	Oct 2
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: Apple	Fruit: Pear	Fruit: Banana	Fruit: 100% Fruit Juice	Fruit: Apple

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



FRESH MADE MEALS

October 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.				
<i>Milk Alternatives are available through the A La Carte Menus. (Additional fees may apply.)</i>				