



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	Oct 2
			Blueberry Muffin	Croissant with Jelly
			Cheerios Cereal	Cinnamon Chex Cereal
			Egg & Cheese Burrito with Green Salsa	Oatmeal with Blueberries
			Fruit: Pear & Apple	Fruit: Banana & Pear
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9
Yogurt & Honey Grahams	Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top
Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Mini Maple Pancakes	Waffle	Sausage & Cheese Croissant	French Toast Sticks	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
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: 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
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: 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
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: 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

LUNCH



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

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

Snack Includes:
Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change



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>				