

August 2023

Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTREE OF THE DAY				
31	1	2	3	4
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Frosted Flakes Cereal w/ Honey Grahams
Bagel w/ Cream Cheese	Lemon Muffin	Banana Bread	Yogurt Cup w/ Honey Grahams	Vanilla Mini Loaf & String Cheese
Apple x 2	Pear x 2	Orange x 2	Apple x 2	100% Fruit Juice & Pear
7	8	9	10	11
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/ Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams	Banana Bread	French Toast Sticks	Vanilla Mini Loaf & String Cheese
Orange & Apple	Banana	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple
14	15	16	17	18
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Crumble (BV)	Cinnamon Waffles Syrup	Berry Apple Crisp Bar	Scrambled Egg & Cheese Breakfast Sandwich	Bagel w/ Cream Cheese
Orange & Apple	Banana & Pear	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple
21	22	23	24	25
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	Cheerios Cereal w/ Honey Grahams
Mantecada Sweet Bread	Breakfast Cheese Tamale	Cinnamon Roll	Pancake Stack Syrup	Cranberry Oatmeal Round
Orange & Apple	Banana & Pear	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple
28	29	30	31	1
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/ Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams	Banana Bread	French Toast Sticks	Vanilla Mini Loaf & String Cheese
Orange & Apple	Banana & Pear	100% Fruit Juice & Apple	Orange & Pear	Pear & Apple

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.

August 2023

Lunch NSLP K-8 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce	Chicken Tamale w/ Seasoned Corn	Turkey Nachos Poptillas Chips	Deep Dish Pepperoni Pizza
COLD ENTREES OF THE DAY				
Turkey & Cheese Torta Side of Baked Fries	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Baby Carrots</i>	Chicken Salad Sandwich <i>Celery Sticks</i>	Italian Turkey Submarine <i>Garbanzo Bean & Tomato Salad</i>	Smoked Turkey & Cheese Sandwich on Knot Roll
Double Cheese Torta Side of Baked Fries	Soy Butter & Jelly Sandwich <i>Baby Carrots</i>	Build Your Own Cheese Pizza Kit Marinara Sauce	Artisan Cheese Sandwich <i>Garbanzo Bean & Tomato Salad</i>	Egg Salad Sandwich
ENTRÉE SALAD OF THE DAY				
		Vegetable Chef Salad w/ Egg & Cheese Poptillas Chips <i>Ranch Dressing</i>	Chicken Taco Salad Poptillas Chips <i>Ranch Dressing</i>	Chicken Caprese Salad Poptillas Chips <i>Italian Dressing</i>
FEATURED ENTRÉE OF THE DAY				
31		2	3	4
Hot Dog Oven Baked Fries	Cheese Lasagna w/ Tomato Basil Sauce	Chicken Tamale w/ Seasoned Corn	Chicken Teriyaki w/ Steamed Carrots & Not So Fried Rice	Pepperoni Deep Dish Pizza
Turkey & Cheese Torta Side of Oven Baked Fries	Italian Turkey Submarine <i>Baby Carrots</i>	Chicken Salad Sandwich <i>Cucumber Slices</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Baby Carrots</i>	Italian Turkey Submarine
Sunbutter Cup, String Cheese, & Wheat Crackers Side of Oven Baked Fries	Cheese Pizza Kit Marinara Sauce Cup	Double Cheese Sandwich on Artisan Bread <i>Cucumber Slices</i>	Wowbutter Sandwich <i>Baby Carrots</i>	Double Cheese Sandwich on Artisan Bread
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Garbanzo Bean Salad</i>	<i>Baby Carrots</i>	<i>Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Pear</i>	<i>Apple</i>	<i>Orange</i>
7	8	9	10	11
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchiladas w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptillas Chips</i>	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
14	15	16	17	18
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Roasted Potatoes	Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Hamburger
Cheese Melt Oven Baked Fries	Cheese Lasagna w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
21	22	23	24	25
Grilled Chicken Sandwich Oven Baked Fries <i>BBQ Sauce Packet</i>	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes <i>Syrup</i>	Chicken Fajitas w/ Pinto Beans Tortillas	Macaroni & Cheese
Cheese Melt Oven Baked Fries	Cheesy Baked Ziti w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
28	29	30	31	1
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptillas Chips</i>	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>

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August 2023

Lunch NSLP 9-12 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce Wheat Crackers	Chicken Tamale w/ Seasoned Corn	Turkey Nachos Poptillas Chips	Deep Dish Pepperoni Pizza
COLD ENTREES OF THE DAY				
Turkey & Cheese Torta Side of Baked Fries	Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots	Chicken Salad Sandwich Celery Sticks	Italian Turkey Submarine Garbanzo Bean & Tomato Salad	Smoked Turkey & Cheese Sandwich on Knot Roll
Double Cheese Torta Side of Baked Fries	Soy Butter & Jelly Sandwich Baby Carrots	Build Your Own Cheese Pizza Kit Marinara Sauce Cup	Artisan Cheese Sandwich Garbanzo Bean & Tomato Salad	Egg Salad Sandwich
ENTRÉE SALAD OF THE DAY				
		Vegetable Chef Salad w/ Egg & Cheese Poptillas Chips Ranch Dressing	Chicken Taco Salad Poptillas Chips Ranch Dressing	Chicken Caprese Salad Poptillas Chips Italian Dressing
FEATURED ENTRÉE OF THE DAY				
31	1	2	3	4
Hot Dog Oven Baked Fries	Cheese Lasagna w/ Tomato Basil Sauce Wheat Crackers	Chicken Tamale w/ Seasoned Corn	Chicken Teriyaki w/ Steamed Carrots & Not So Fried Rice	Pepperoni Deep Dish Pizza Celery Sticks
Turkey & Cheese Torta Side of Baked Fries	Italian Turkey Submarine	Chicken Salad Sandwich	Smoked Turkey & Cheese Sandwich on Knot Roll	Italian Turkey Submarine Celery Sticks
Sunbutter Cup, String Cheese, & Wheat Crackers Side of Baked Fries	Cheese Pizza Kit Marinara Sauce	Double Cheese Sandwich on Artisan Bread	Wowbutter Sandwich	Double Cheese Sandwich on Artisan Bread Celery Sticks
<i>Baby Carrots</i>	<i>Baby Carrots</i> <i>Fruitable Juice</i>	<i>Garbanzo Bean Salad</i> <i>Fruitable Juice</i>	<i>Baby Carrots</i> <i>Baby Carrots</i>	<i>Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Apple & Pear</i>	<i>Orange & Pear</i>	<i>Pear & Apple</i>
7	8	9	10	11
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchiladas w/ Creamy Green Salsa	Turkey & Bean Chili Poptillas Chips	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Pear</i>
14	15	16	17	18
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Roasted Potatoes	Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Hamburger
Cheese Melt Oven Baked Fries	Cheese Lasagna w/ Marinara Sauce Wheat Crackers	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Pear</i>
21	22	23	24	25
Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes Syrup	Chicken Fajitas w/ Pinto Beans Tortillas	Macaroni & Cheese
Cheese Melt Oven Baked Fries	Cheesy Baked Ziti w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Pear</i>
28	29	30	31	1
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchiladas w/ Creamy Green Salsa	Turkey & Bean Chili Poptillas Chips	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice & Orange</i>	<i>Orange & Apple</i>	<i>Banana & Pear</i>	<i>Apple & Orange</i>	<i>Orange & Apple</i>

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Allergy Friendly Meals Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Cinnamon Chex Bowl, Strawberry Rockinola Granola, & Fruit*, Milk Option*	GF Cheerios Bowl, Chocolate Rockinola Granola & Fruit*, Milk Option*	Cocoa Krispies Bowl, Cinnamon Rockinola Granola, Fruit*, Milk Option*	Rice Krispies Bowl, Strawberry Rockinola Granola, Fruit*, Milk Option*	Corn Chex Bowl, Chocolate Rockinola Granola & Fruit*, Milk Option*
LUNCH				
Burrito Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option* 2M, 2G, 1C Veg.	California Turkey and Vegetable Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.
Snack				
Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*	Hummus & Corn Chips	Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*
SUPPER				
Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Burrito Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.	California Turkey and Vegetable Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option* 2M, 2G, 1C Veg.

*Milk Option and Fruit must be ordered separately through the ordering system.

Available Milk Options to order: Regular Milk 2%, Regular Milk FF, and Soy Milk.

Safe Handling Instructions for Frozen Entrees;



Keep the lunch food frozen/refrigerated until ready to cook and serve.



Tear open the side of the film and place the tray in the microwave and microwave on high for 3-5 minutes.



Ensure the internal temperature reaches 165°F; otherwise, place the plate in the microwave again and heat it for an additional 2-3 minutes/ until reaches the 165 °F. Allow the food to rest for 1 minute. Handle with care. The content is hot.



For conventional oven, set the oven temperature at 300°F and heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F.

Our Allergen Management Plan;

Revolution Foods takes food safety and customer safety seriously. We have an allergen management plan in place that prevent a llergen cross-contamination. This meal is free of major 8 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 the below-listed allergies up to the stated limit of detection (LOD) using an accredited test method.

Warning: Although these meals don't contain any fish ingredients, the validation test is not being performed in our kitchen.

Note: This meal doesn't contain the top 9 allergens as an ingredient, and the tests are for safety and to detect any possible cross-contamination. LOD (Limit of Detection) indicates the minimum amount of protein residues that the analysis method can detect in the case of presence and doesn't indicate the allergen exists in the meal.

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