









October 2023

Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTREE OF THE DAY				
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
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 (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
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 Slice	French Toast Sticks 	Vanilla Mini Loaf & String Cheese
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Crumble	Cinnamon Waffles Syrup 	Berry Apple Crisp Bar	Scrambled Egg & Cheese Breakfast Sandwich 	Bagel w/ Cream Cheese
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
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 (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Frosted Flakes Cereal w/ Honey Grahams	Orange Vanilla Concha Seasonal! 	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 (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich.
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October 2023

Lunch Menu K-8



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 <i>Side of Baked Fries</i>	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 <i>Side of Baked Fries</i>	Soy Butter & Jelly Sandwich <i>Baby Carrots</i>	Build Your Own Cheese Pizza Kit <i>Marinara Sauce</i>	Artisan Cheese Sandwich <i>Garbanzo Bean & Tomato Salad</i>	Egg Salad Sandwich
ENTRÉE SALAD OF THE DAY				
		Vegetable Chef Salad w/ Egg & Cheese <i>Poptillas Chips 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				
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
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 <i>Poptilla Chips</i>	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</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptilla 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</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Hot Dog Oven Baked Fries	Chicken Nuggets w/ 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</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
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 <i>Poptilla Chips</i>	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</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptilla 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</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>

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October 2023

Lunch Menu 9-12



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	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				
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancakes, Egg Patty & Seasoned Potatoes Syrup	Chicken Fajitas w/ Pinto Beans Poptilla Chips	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>
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchiladas w/ Creamy Green Salsa	Turkey & Bean Chili Poptilla 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>
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Potatoes Pretzels	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>
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
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 Poptilla Chips	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>
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
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.
FIELD TRIP				
Hummus Cup, Corn Chips Fritos, Sunbutter Cup, RockinOla Granola Apple Sauce 4.5oz, Paradise Punch Vegetable Juice 4oz				

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 allergen 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.

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