February 2024
Breakfast
REVOLUTION
=OODS.(8)
healthy meals for all

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| FEATURED ENTREE OF THE DAY |  |  |  |  |
| 29-Jan | 30-Jan | 31-Jan | 1-Feb | 2-Feb |
| Cheerios Cereal w/ Honey Grahams | Vanilla Concha | Frosted Flakes Cereal w/ Honey Grahams | Lemon Muffin | Cinnamon Chex Cereal w/ Honey Grahams |
| Mantecada Sweet Bread | Yogurt Parfait w/ Blueberries Honey Crackers | Banana Bread | Scrambled Egg \& Cheese Breakfast Sandwich | Bagel w/ Cream Cheese |
| Orange \& Apple | Orange \& Pear | 100\% Fruit Juice \& Apple | Banana \& Pear | Pear \& Apple |
| 5-Feb | 6-Feb | 7-Feb | 8-Feb | 9-Feb |
| Cheerios Cereal w/ Honey Grahams | Vanilla Concha | Frosted Flakes Cereal w/ Honey Grahams | Blueberry Muffin | Cinnamon Chex Cereal w/ Honey Grahams |
| Cinnamon Crumble | Bean \& Cheese Burrito | Yogurt 4oz \& Honey Grahams | Cinnamon Waffles 3I3 Syrup | Cranberry Oatmeal Round |
| Orange \& Apple | Orange \& Pear | 100\% Fruit Juice \& Apple | Banana \& Pear | Pear \& Apple |
| 12-Feb | 13-Feb | 14-Feb | 15-Feb | 16-Feb |
| Cheerios Cereal w/ Honey Grahams | Vanilla Concha | Frosted Flakes Cereal w/ Honey Grahams | Lemon Muffin | Cinnamon Chex Cereal w/ Honey Grahams |
| Mantecada Sweet Bread | Egg \& Cheese Empanada | Banana Bread | Yogurt Parfait w/ Blueberries Graham Crackers | Bagel w/ Cream Cheese |
| Orange \& Apple | Orange \& Pear | 100\% Fruit Juice \& Apple | Banana \& Pear | Pear \& Apple |
| 19-Feb | 20-Feb | 21-Feb | 22-Feb | 23-Feb |
| Presidents Day | Vanilla Concha | Frosted Flakes Cereal w/ Honey Grahams | Vanilla Muffin | Cinnamon Chex Cereal w/ Honey Grahams |
|  | Cheerios Cereal w/ Honey Grahams SHELF STABLE | Cinnamon Roll | Breakfast Cheese Tamale | Vanilla Mini Loaf \& String Cheese |
|  | Orange \& Pear | 100\% Fruit Juice \& Apple | Banana \& Pear | Pear \& Apple |
| 26-Feb | 27-Feb | 28-Feb | 29-Feb | 1-Mar |
| Cheerios Cereal w/ Honey Grahams | Vanilla Concha | Frosted Flakes Cereal w/ Honey Grahams | Blueberry Muffin | Cinnamon Chex Cereal w/ Honey Grahams |
| Cinnamon Crumble | Bean \& Cheese Burrito | Yogurt 4oz \& Honey Grahams | Cinnamon Waffles 338 Syrup | Cranberry Oatmeal Round |
| Orange \& Apple | Orange \& Pear | 100\% Fruit Juice \& Apple | Banana \& Pear | Pear \& Apple |



| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| WEEKLY 5 FAVE |  |  |  |  |
| Cheeseburger Oven Baked Fries | Chicken Bites <br> w/ Mashed Potatoes | Chicken Tamale <br> w/ Seasoned Carrot Coins | Turkey Nachos Tortilla Chips | Deep Dish Pepperoni Pizza |
| COLD ENTREES OF THE DAY |  |  |  |  |
| Turkey \& Cheese Torta Side of Baked Fries | Turkey \& Cheese Submarine Sandwich Baby Carrots | Vegetable Chef Salad w/ Egg \& Cheese Dinner Roll Ranch Dressing | Chicken Salad Sandwich Fava Bean Crisps | Chicken Caprese Salad Dinner Roll Italian Dressing |
| Double Cheese Torta Side of Baked Fries | Soy Butter \& Jelly Sandwich Baby Carrots | Build Your Own Cheese Pizza Kit Marinara Sauce | Cheese Submarine Sandwich Fava Bean Crisps | Egg Salad Sandwich |
| FEATURED ENIREE OF THE DAY |  |  |  |  |
| 29-Jan | 30-Jan | 31-Jan | 1-Feb | 2-Feb |
| Chicken Patty Burger Oven Baked Fries | Chicken Alfredo Pasta w/ Steamed Broccoli | Teriyaki Chicken w/ Yakisoba Noodles Cabbage \& Carrots | Chicken Burrito Bowl w/ Black Beans \& Rice | Hamburger |
| Cheese Melt Oven Baked Fries | Cheesy Alfredo Pasta w/ Steamed Broccoli | Bean \& Cheese Burrito w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Apple |
| 5-Feb | 6-Feb | 7-Feb | 8-Feb | 9-Feb |
| Cheeseburger Oven Baked Fries | Beef Bulgogi Brown Rice Steamed Broccoli | Chicken Tamale <br> w/ Seasoned Carrot Coins | Chicken Burrito Bowl w/ Black Beans \& Rice | Beef, Bean \& Cheese Burrito |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Wheat Crackers | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Celery Sticks | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Apple |
| 12-Feb |  | 14-Feb | 15-Feb | 16-Feb |
| Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet |  | Teriyaki Chicken w/ Yakisoba Noodles Cabbage \& Carrots *Holiday Cookie* | Turkey Nachos Tortilla Chips | Cheeseburger Mac \& Cheese |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Wheat Cracker | Bean \& Cheese Burrito w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& Pear |
| 19-Feb | 20-Feb | 21-Feb | 22-Feb | 23-Feb |
| Presidents Day | Spaghetti w/ Meat Sauce | Chicken Noodle Soup Wheat Crackers | Chicken Burrito Bowl w/ Black Beans \& Rice | Hamburger |
|  | *Extended Weekend Meal* | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Grilled Cheese Sandwich |
|  | Baby Carrots | Fava Bean Crisps | Cucumber Slices w/ Tajin | Romaine Side Salad w/ Ranch |
|  | Orange \& Apple |  | Apple \& Orange | Orange \& Pear |
| 26-Feb | 27-Feb | 28-Feb | 29-Feb | 1-Mar |
| Cheeseburger Oven Baked Fries | Beef Bulgogi <br> Brown Rice <br> Steamed Broccoli | Chicken Tamale <br> w/ Seasoned Carrot Coins | Chicken Burrito Bowl w/ Black Beans \& Rice | Beef, Bean \& Cheese Burrito |
| Cheese Melt Oven Baked Fries | Cheese Lasagna w/ Marinara Sauce Wheat Crackers | Bean \& Cheese Pupusa w/ Pinto Beans | Cheese Tamale w/ Black Beans | Deep Dish Cheese Pizza |
| Baby Carrots | Baby Carrots | Fava Bean Crisps | Celery Sticks | Romaine Side Salad w/ Ranch |
| 100\% Fruit Juice \& Orange | Orange \& Apple | Banana \& Pear | Apple \& Orange | Orange \& 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. |  |  |  |  |

