

# JANUARY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Cheerios Cereal Vanilla Concha French Toast w/ Syrup (V)	Breakfast Empanada Blueberry Muffin Froot Loops Cereal	Cinnamon Roll Cinnamon Chex Cereal Pancakes w/ Syrup (V)	Mantecada Muffin Apple Jacks Cereal Egg & Cheese Sandwich (V)	Froot Loops Cereal Yogurt Parfait w/ Granola Sausage Stuffed Waffles
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Cinnamon Crumble Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	Mango Pineapple Smoothie w/ Granola Froot Loops Cereal Waffle w/ Syrup (V)	Egg Scramble w/ Potatoes Banana Bread Cheerios Cereal	Chocolate Chip Muffin Top Cinnamon Chex Cereal Breakfast Burrito (V)	Pancake Sausage Sandwich Conchita & String Cheese Apple Jacks Cereal
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>MLK Day</b>	Mantecada Muffin Froot Loops Cereal Breakfast Empanada	Cinnamon Roll Cinnamon Chex Cereal Pancakes w/ Syrup (V)	Vanilla Muffin Apple Jacks Cereal Egg & Cheese Sandwich (V)	Froot Loops Cereal Yogurt Parfait w/ Granola Sausage Stuffed Waffles
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Egg & Cheese Sandwich (V) Cinnamon Crumble Froot Loops Cereal	Mango Pineapple Smoothie w/ Granola Cinnamon Chex Cereal Waffle w/ Syrup (V)	Banana Bread Cheerios Cereal Egg Scramble w/ Potatoes	Chocolate Chip Muffin Top Cinnamon Chex Cereal Breakfast Burrito (V)	Pancake Sausage Sandwich Conchita & String Cheese Apple Jacks Cereal
<b>Breakfast Includes:</b>	<b>Featured Fruit:</b>		<b>RevUp Rewards:</b>	
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	<b>Monday:</b> Apple, Orange <b>Tuesday:</b> Juice or Apple; Pear <b>Wednesday:</b> Apple Slices, Apple <b>Thursday:</b> Banana, Orange <b>Friday:</b> Applesauce, Apple		Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# JANUARY LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Turkey & Cheese Sandwich Hot Dog & Fries	Pasta w/ Meat Sauce Sweet Chili Meatballs w/ Rice * Spicy! Italian Trio Sandwich Cheese Pizza Kit (V)	Orange Chicken w/ Rice & Broccoli Bean & Cheese Pupusa w/ Curtido Chicken Caesar Salad w/ Croutons Turkey & Cheese Cracker Kit	BBQ Chicken w/ Baked Beans & Roll Queso Blanco Chicken Bowl Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	Beef & Cheese Taco Stick Cheese Pizza (V) Soy Butter Sandwich (V)
13	14	15	16	17
Crispy Chicken Sandwich Cheeseburger Turkey & Cheese Torta Side of Fries <b>*Welcome Back Brookie*</b>	Hummus, Flatbread & Egg Kit (V) Teriyaki Chicken w/ NSF Rice Breakfast for Lunch w/ Potatoes Turkey & Cheese Sub	<b>Chicken Noodle Soup</b> ←←←Seasonal Mac & Cheese w/ Peas Caprese Chicken Salad "P"B & J Sandwich Kit (V)	Veggie Chef Salad w/ Egg (V) Turkey Nachos w/ Refried Beans Chicken Tamale w/ Beans Turkey & Cheese Cracker Kit	Pepperoni Pizza Beef & Cheese Burrito Cheese Pizza Kit (V)
20	21	22	23	24
<b>MLK DAY</b>	Pasta w/ Meat Sauce Cheese Lasagna w/ Marinara (V) Italian Trio Sandwich Egg Salad Sandwich (V)	Chicken Bites w/ Mashed Potatoes Beef Birria Tacos Chicken Caesar Salad w/ Croutons Turkey & Cheese Cracker Kit	Queso Blanco Chicken Bowl BBQ Chicken w/ Baked Beans & Roll Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	Grilled Cheese (V) Beef & Cheese Taco Stick Soy Butter Sandwich (V)
27	28	29	30	31
Turkey & Cheese Sandwich Hot Dog & Fries	Hummus, Flatbread & Egg Kit (V) <b>NEW! Chicken Dumplings w/ Rice</b> Breakfast for Lunch w/ Potatoes Turkey & Cheese Sub	<b>Chicken Noodle Soup</b> ←←←Seasonal Chicken Bites w/ Mashed Potatoes Chicken Salad Sandwich "P"B & J Sandwich Kit (V)	Chicken Tamale w/ Beans Turkey Nachos w/ Refried Beans Veggie Chef Salad w/ Egg Turkey & Cheese Cracker Kit	Pepperoni Pizza Beef & Cheese Burrito Cheese Pizza Kit (V)
<b>Lunch Includes:</b>	<b>Veg of the Day:</b>	<b>Featured Fruit:</b>	<b>RevUp Rewards:</b>	
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *All grains are wholegrain rich	<b>Monday:</b> French Fries <b>Tuesday:</b> Carrots <b>Wednesday:</b> Crunchy Beans <b>Thursday:</b> Cucumber / Celery <b>Friday:</b> Side Salad w/ Dressing	<b>Monday:</b> Juice/Apple <b>Tuesday:</b> Mandarin Orange <b>Wednesday:</b> Pear <b>Thursday:</b> Apple <b>Friday:</b> Mandarin Orange	Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	

