




# OCTOBER BREAKFAST




Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Cheerios Cereal Vanilla Concha French Toast w/ Syrup (V)	<b>1</b> Breakfast Burrito (V) Mantecada Muffin Froot Loops Cereal	<b>2</b> Pancake Sausage Sandwich Yogurt Parfait w/ Granola Cinnamon Chex Cereal	<b>3</b> Blueberry Muffin Apple Jacks Cereal Egg & Cheese Sandwich (V)	<b>4</b> Cinnamon Roll Froot Loops Cereal Egg & Cheese Empanada (V)
<b>7</b> Cinnamon Crumble Froot Loops Cereal Egg & Cheese Sandwich (V)	<b>8</b> Bagel with Cream Cheese Cinnamon Chex Cereal Pancakes w/ Syrup (V)	<b>9</b> Egg Scramble w/ Potatoes Banana Bread Cheerios Cereal	<b>10</b> <b>Sunrise Muffin</b> ←←←Seasonal Frosted Flakes Cereal Breakfast Burrito (V)	<b>11</b> Waffle w/ Syrup Conchita & String Cheese Apple Jacks Cereal
<b>14</b> French Toast w/ Syrup (V) <b>Orange Concha</b> ←←←Seasonal Cheerios Cereal	<b>15</b> Mantecada Muffin Froot Loops Cereal Breakfast Burrito	<b>16</b> Yogurt Parfait w/ Granola Cinnamon Chex Cereal Pancake Sausage Sandwich	<b>17</b> Chocolate Chip Muffin Top Apple Jacks Cereal Egg & Cheese Sandwich (V)	<b>18</b> Egg & Cheese Empanada (V) Cinnamon Roll Froot Loops Cereal
<b>21</b> Egg & Cheese Sandwich (V) Cinnamon Crumble Froot Loops Cereal	<b>22</b> Pancakes w/ Syrup (V) Yogurt Cup & Granola Cinnamon Chex Cereal	<b>23</b> Banana Bread Cheerios Cereal Egg Scramble w/ Potatoes	<b>24</b> <b>Sunrise Muffin</b> ←←←Seasonal Cinnamon Chex Cereal Breakfast Burrito (V)	<b>25</b> Conchita & String Cheese Apple Jacks Cereal Waffle w/ Syrup (V)
<b>28</b> French Toast w/ Syrup (V) <b>Double Chocolate Muffin</b> <b>*Special National Chocolate Day</b> Cheerios Cereal	<b>29</b> Breakfast Burrito (V) Mantecada Muffin Froot Loops Cereal	<b>30</b> Yogurt Parfait w/ Granola Apple Jacks Cereal Pancake Sausage Sandwich	<b>31</b> <b>Orange Concha</b> ←←←Seasonal Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	<b>1</b> Cinnamon Roll Froot Loops Cereal Egg & Cheese Empanada (V)

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams	Whole Apples, Sliced Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice  	Scan Our QR Code Daily Complete the Survey <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> 

# OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Crispy Chicken Sandwich & Fries Cheeseburger & Fries Turkey & Cheese Torta	Hummus, Flatbread & Egg Kit (V) Lasagna (V) Breakfast for Lunch w/ Potatoes Turkey & Cheese Sub	Bean & Cheese Pupusa w/ Curtido (V) Sesame Beef Bowl w/ Rice & Broccoli Chicken Salad Sandwich "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 Taco Stick Egg Salad Sandwich (V)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Hot Dog & Fries Hamburger & Fries Turkey Knot Sandwich	Pasta w/ Meat Sauce Chicken Bites w/ Mashed Potatoes Italian Trio on Cheesy Focaccia Cheese Pizza Kit (V)	Teriyaki Chicken w/ Noodles <b>Chicken Tikka Masala</b> ←←←Seasonal Mexican Chicken Salad w/ Chips Turkey & Cheese Cracker Kit	Queso Blanco Chicken Bowl BBQ Chicken w/ Baked Beans & Roll Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	Beef & Cheese Burrito Cheese Pizza (V) Soy Butter Sandwich (V)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Cheeseburger & Fries Crispy Chicken Sandwich & Fries Turkey & Cheese Torta	Breakfast for Lunch w/ Potatoes Pasta w/ Meat Sauce Turkey & Cheese Sub Hummus, Flatbread & Egg Kit (V)	Orange Chicken w/ Rice & Broccoli Bean & Cheese Pupusa w/ Curtido "P"B & J Sandwich Kit (V) Chicken Caesar Salad w/ Croutons	Chicken Tamale w/ Beans Turkey Nachos w/ Refried Beans Veggie Chef Salad w/ Egg Turkey & Cheese Cracker Kit	Grilled Cheese Pepperoni Pizza Egg Salad Sandwich (V)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Hamburger & Fries Turkey Knot Sandwich Hot Dog & Fries	Chicken Bites & Mashed Potatoes Mac & Cheese w/ Peas (V) Cheese Pizza Kit (V) Italian Trio on Cheesy Focaccia	Teriyaki Chicken w/ Noodles <b>Chicken Tikka Masala</b> ←←←Seasonal Mexican Chicken Salad w/ Chips 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 Burrito Cheese Pizza (V) Soy Butter Sandwich (V)
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
Crispy Chicken Sandwich & Fries Cheeseburger & Fries Turkey & Cheese Torta	Hummus, Flatbread & Egg Kit (V) Lasagna (V) Breakfast for Lunch w/ Potatoes Turkey & Cheese Sub	Bean & Cheese Pupusa w/ Curtido Sesame Beef Bowl w/ Rice & Broccoli Chicken Salad Sandwich "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 <b>Pumpkin Cookie</b> ←←←Seasonal	Pepperoni Pizza Beef & Cheese Taco Stick Egg Salad Sandwich (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	<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	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice <b>Seasonal: Grapes &amp; Cantaloupe</b> 	Scan Our QR Code Daily Complete the Survey <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> 