


# SEPTEMBER BREAKFAST




Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 	<b>3</b> Breakfast Burrito (V) Mantecada Muffin Froot Loops Cereal	<b>4</b> Pancake Sausage Sandwich Yogurt Parfait w/ Granola Cinnamon Chex Cereal	<b>5</b> Egg & Cheese Sandwich (V) Blueberry Muffin Apple Jacks Cereal	<b>6</b> Cinnamon Roll Froot Loops Cereal Egg & Cheese Empanada (V)
<b>9</b> Cinnamon Crumble Froot Loops Cereal Egg & Cheese Sandwich (V)	<b>10</b> Yogurt Cup & Granola Cinnamon Chex Cereal Pancakes w/ Syrup (V)	<b>11</b> Egg Scramble w/ Potatoes Banana Bread Cheerios Cereal	<b>12</b> <b>Sunrise Muffin</b> ←←←Seasonal Cinnamon Chex Cereal Breakfast Burrito (V)	<b>13</b> Waffle w/ Syrup (V) Conchita & String Cheese Apple Jacks Cereal
<b>16</b> French Toast w/ Syrup (V) Vanilla Concha Cheerios Cereal	<b>17</b> Mantecada Muffin Froot Loops Cereal Breakfast Burrito (V)	<b>18</b> Yogurt Parfait w/ Granola Cinnamon Chex Cereal Pancake Sausage Sandwich	<b>19</b> Chocolate Chip Muffin Top Apple Jacks Cereal Egg & Cheese Sandwich (V)	<b>20</b> Egg & Cheese Empanada (V) Cinnamon Roll Froot Loops Cereal
<b>23</b> Egg & Cheese Sandwich (V) Cinnamon Crumble Froot Loops Cereal	<b>24</b> Pancakes w/ Syrup (V) Yogurt Cup & Granola Cinnamon Chex Cereal	<b>25</b> Banana Bread Cheerios Cereal Egg Scramble w/ Potatoes	<b>26</b> Cinnamon Chex Cereal Breakfast Burrito (V) <b>Sunrise Muffin</b> ←←←Seasonal	<b>27</b> Conchita & String Cheese Apple Jacks Cereal Waffle w/ Syrup (V)
<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)

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit of the Day (1 cup) (V) Vegetarian Hot Meal All Cold Breakfasts are <b>Vegetarian</b> *Cereal Served w/ Graham Cracker	Whole Apples, Sliced Apples, Applesauce, Bananas, Dried Cranberries, Oranges, Pears, 100% Juice  	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> 

# SEPTEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Crispy Chicken Sandwich & Fries Cheeseburger & Fries Turkey & Cheese Torta	Sesame Beef Bowl w/ Rice Bean & Cheese Pupusa w/ Curtido (V) Chicken Salad Sandwich "P"B & J Sandwich Kit (V)	Turkey Nachos w/ Refried Beans Chicken Tamale w/ Beans Veggie Chef Salad w/ Egg (V) Turkey & Cheese Cracker Kit	Beef & Cheese Taco Stick Pepperoni Pizza Egg Salad Sandwich (V)
9	10	11	12	13
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>Beef Birria Tacos</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)	Cheese Pizza (V) Beef & Cheese Burrito Soy Butter Sandwich (V)
16	17	18	19	20
Cheeseburger & Fries Crispy Chicken Sandwich & Fries Turkey & Cheese Torta	Breakfast for Lunch w/ Potatoes Mac & Cheese w/ Peas (V) Turkey & Cheese Sub Hummus, Flatbread & Egg Kit (V)	Orange Chicken w/ Rice & Broccoli Bean & Cheese Pupusa w/ Curtido (V) "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 (V) Turkey & Cheese Cracker Kit	Grilled Cheese (V) Pepperoni Pizza Egg Salad Sandwich (V)
23	24	25	26	27
Hamburger & Fries Turkey Knot Sandwich Hot Dog & Fries	Chicken Bites & Mashed Potatoes Pasta w/ Meat Sauce Cheese Pizza Kit (V) Italian Trio on Cheesy Focaccia	Mexican Chicken Salad w/ Chips <b>Beef Birria Tacos</b> ←←←Seasonal Teriyaki Chicken & Noodles 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)
30	1	2	3	4
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)
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
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 & Carrots <b>Tuesday:</b> Carrots <b>Wednesday:</b> Crunchy Beans <b>Thursday:</b> Cucumber / Celery <b>Friday:</b> Side Salad w/ Dressing	Apples, Bananas, Oranges, Pears, 100% Juice <b>Seasonal: Grapes &amp; Watermelon</b> 	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> 	