

OCTOBER BREAKFAST

Unitized K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • yogurt & educational snacks	2 • Cheese omlet	3 • apple cinnamon muffin	4 • Buttermilk pancakes	5 • plain bagel & cream cheese
8 • NO SCHOOL	9 • cinnamon chex & zac attack apple & fruit (df)	10 • blueberry burst muffin	11 • cinnamon raisin bagel (vg)	12 • yogurt & granola
15 • Cheerios & mini dipper fruit	16 • lemon muffin	17 • corn chex & mini dippers & fruit	18 • blueberry bagel & cream cheese	19 • cinnamon crumble
22 • cheerios & zac attack apple & fruit (df)	23 • French toast, turkey sausage and eggs	24 • cinnamon raisin bagel (vg)	25 • blueberry burst muffin	26 • NO SCHOOL
29 • yogurt & educational snacks	30 • cinnamon crumble	31 • Southwest chicken chorizo and cheese bagel		

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

OCTOBER LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • rainbow veggie pizza (v)	2 • creamy pasta alfredo (v)	3 • turkey & cheddar sandwich	4 • lone star bbq chicken sandwich	5 • garden ranch salad with chicken
8 • NO SCHOOL	9 • mighty meaty deli combo sandwich	10 • the revolution dog (df)	11 • chicken bites	12 • turkey & cheddar sandwich
15 • Turkey and cheese sandwich	16 • turkey & cheddar sandwich	17 • fiesta scoops & three layer dip	18 • beef cheeseburger	19 • honey mustard salad with grilled chicken bites
22 • Philly cheesesteak calzoni (v)	23 • kickin' chicken melt	24 • turkey & cheddar sandwich	25 • pepperjack cheeseburger	26 • NO SCHOOL
29 • mighty meaty deli combo sandwich	30 • hearty veggie chili (v)	31 • chicken bites		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day

OCTOBER SNACK

NSLP
K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • cinnamon grahams	2 • honey wheat crackers	3 • string cheese	4 • yogurt	5 • ranch rumbles six grain crackers
8 • NO SCHOOL	9 • educational snacks	10 • yogurt	11 • string cheese	12 • zac attack apple fruit filled bar
15 • colored goldfish crackers & fruit	16 • educational snacks	17 • cinnamon "dipperdoodle" bar with string cheese	18 • cinnamon rumbles six grain crackers	19 • honey wheat crackers with string cheese
22 • educational snacks	23 • ranch rumbles six grain crackers	24 • cheddar goldfish	25 • zac attack strawberry fruit filled bar	26 • NO SCHOOL
29 • cinnamon grahams	30 • honey wheat crackers	31 • yogurt		

DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- ☒ Designed with Kids
- ☒ Created by Chefs
- ☒ Nutritionally Balanced
- ☒ Made with High-Quality Ingredients

Learn more about us on our *new* website at revolutionfoods.com

Snack: fresh fruit available daily except when Sunbutter, string cheese or juice is served.