

October

BREAKFAST

Unitized

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 French Toast Muffin with Fruit Cheerios with Cinnamon Grahams and Fruit.
4 Cheerios with Cinnamon Grahams and Fruit Yogurt with Cinnamon Grahams and Fruit	5 Banana Muffin and Fruit Cinnamon ZeeZee Bar and Fruit	6 Waffle with Syrup and Fruit Corn Chex with Educational Snacks and Fruit	7 Blueberry Bagel with Cream Cheese and Fruit Berry Apple ZeeZee Bar and Fruit	8 French Toast Muffin and Fruit Cheerios with Giant Cinnamon Grahams and Fruit
11 Cheerios with Cinnamon Grahams and Fruit. Yogurt with Cinnamon Grahams and Fruit	12 Plain Bagel with Cream Cheese and Fruit Cinnamon Chex Cereal with Educational Snack and Fruit	13 Vanilla Concha and Fruit Blueberry Muffin with Fruit	14 Cinnamon Crisp ZeeZee Bar with Fruit Yogurt with Cinnamon Grahams with Fruit	15 Waffle and Syrup with Fruit Corn Chex with String Cheese and Fruit
18 Cinnamon Chex Cereal with Educational Snack and Fruit Plain Bagel with Cream Cheese and Fruit	19 Cheerios with Cinnamon Grahams and Fruit. Blueberry Muffin with Fruit	20 Cinnamon Crumble with Fruit Yogurt with Educational Snacks and Fruit	21 Vanilla Concha with Fruit Berry Apple Zeezee Bar Fruit	22 Blueberry Muffin with Fruit Cheerios with Cinnamon Grahams and Fruit.
25 Yogurt with Educational Snacks and Fruit Cheerios with Educational Snack and Fruit	26 Cinnamon Crisp ZeeZee Bar Banana Muffin and Fruit.	27 Waffle with Syrup and Fruit Corn Chex with Educational Snacks and Fruit	28 Blueberry Burst Bagel with Cream Cheese and Fruit Berry Apple Zee Zee Bar and Fruit	29 French Toast Muffin with Fruit Cheerios with Cinnamon Grahams and Fruit.

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/meals-survey](https://www.surveymonkey.com/r/meals-survey)



revolution foods.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Dairy-Free (DF)
Vegetarian (V)

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chicken Ranchero with Rice and Black Beans 1 Pepperoni Pizza with Citrus Black Beans and Corn Sunbutter and Jelly Sandwich with String Cheese and Garbanzo Salad(V) Greek Flatbread with Garbanzo Beans
Hot Dog with Baby Carrots (DF) 4 Orange Breaded Chicken with Broccoli(DF) Mighty Meaty Deli Combo with Baby Carrots Tuna Sandwich kit with Celery(DF)	Cheese Lasagna with Green Beans (V) 5 Cheeseburger with Broccoli Cheese Pizza Kit (V) Buffalo Chicken Wrap with Baby Carrots	Bean and Cheese Burrito with Black Beans(V) 6 Mac and Cheese with Chicken Bites and Baby Carrots Chicken Salad Sandwich with Baby Carrots(DF) Southwest Veggie Wrap with Corn(V)	Zesty Beef Pasta with Peas 7 Breakfast and Lunch(Pancakes/Omelet) with Roasted Potatoes(V) Honey Mustard Chicken Wrap with Corn Veggie Chef Salad(V)	Philly Cheese Steak Sandwich with Roasted Potatoes 8 Bean and Cheese Pupasa with Corn(V) Taco Veggie Salad(V) Sunbutter and Jelly Sandwich with String Cheese with Corn (V)
Fiesta Three Layer Dip with Baby Carrots (V) 11 Chicken Alfredo with Broccoli(V) Tuna Sandwich Kit with Baby Carrots (DF) Cheddar Cheese Sandwich with Baby Carrots (V)	Classic Chicken Parm with Broccoli 12 Cheeseburger with Broccoli Buffalo Chicken Wrap with Baby Carrots Garden Chicken Ranch Salad	Chicken Enchilada with Corn (V) 13 Oven Roasted Chicken Sandwich with Black Beans Southwest Veggie Wrap with Corn(V) Sunbutter and Jelly Sandwich with String Cheese and Corn(V)	Kickin' Chicken Melt Sandwich with Broccoli 14 Bean and Cheese Burrito with Falafel Tots (V) Turkey and Cheese Sandwich with Cucumbers Chicken Cesar Salad	Spaghetti and Meatballs with Corn, Carrots and Peas (DF) 15 Cheese Pizza(V) Greek Garbanzo Flatbread Sandwich with Baby Carrots (DF) Sunbutter and Jelly Sandwich with String Cheese with Baby Carrots(V)
Calzoni Nacho Cheese Pretzel with Broccoli(V) 18 BBQ Chicken with Cheesy Rice with Pinto Beans Mighty Meaty Deli Combo with Baby Carrots Cheddar Cheese Sandwich with Baby Carrots (V)	Bean and Cheese Pupasa with Corn 19 Cheeseburger with Roasted Potatoes Honey Mustard Chicken Wrap with Corn Pizza Chef Kit	Mac and Cheese with Baby Carrots 20 Chicken Duo Tacos with Black Beans Southwest Veggie Wrap (V) Chicken Cesar Salad	Chicken Alfredo with Broccoli 21 Beef and Cheese Burrito with Black Beans(V) Turkey and Cheese Sandwich with Cucumbers Pesto Chicken Pasta with Cucumbers	Hot Dog with Pinto beans(DF) 22 BBQ Beef Rib Sandwich with BBQ Beans Chicken Salad Sandwich with Garbanzo, Edamame and Carrot(DF) Sunbutter and Jelly Sandwich with String Cheese with Garbanzo (V)
Cheese Enchilada with Corn(V) 25 Orange Breaded Chicken with Broccoli(DF) Turkey and Cheese Sandwich with Corn Cheddar Cheese Sandwich with Baby Carrots (V)	Cheese Lasagna with Carrot Coins(V) 26 Cheeseburger with Baby Carrots Cheese Pizza Kit (V) Buffalo Chicken Wrap with Baby Carrots	Bean and Cheese Burrito with Black Beans 27 Hot Dog with Broccoli(DF) Garbanzo Greek Flatbread with Side Salad (DF) Southwest Veggie Wrap(V)	Spaghetti and Meatballs with Carrots, Corn, and Peas (DF) 28 Breakfast and Lunch(Pancakes/Omelet) with Corn Honey Mustard Chicken Wrap with Corn Veggie Chef Salad(V)	Chicken Ranchero with Rice and Black Bean 29 Pepperoni Pizza with Citrus Black Beans and Corn Sunbutter and Jelly Sandwich with String Cheese and Garbanzo Salad(V) Mighty Meaty with Baby Carrots

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This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Vegetable of the Day

Dairy-Free (DF) Vegetarian (V) options available daily – if not listed on the menu, available upon request

October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 String Cheese with Fruit Honey Grahams with Fruit
4 Pizza Crackers and String Cheese Pretzel Goldfish with Fruit	5 Sunflower Seeds with Fruit Cinnamon Grahams with Fruit	6 Educational Snack with Fruit Cheddar Goldfish with Fruit	7 Goldfish Colors with Fruit Cinnamon Grahams with Fruit	8 String Cheese with Fruit Honey Grahams with Fruit
11 Pizza Crackers with Fruit Cinnamon Grahams with Fruit	12 Goldfish Colors with Fruit Sunflower Seeds with Fruit	13 Yogurt with Fruit Pretzel Goldfish with Fruit	14 Honey Wheat Crackers with Fruit Educational Snack with Fruit	15 Cheddar Goldfish with Fruit Honey Grahams with Fruit
18 Educational Snack with Fruit Honey Grahams with Fruit	19 Pizza Crackers with Fruit Goldfish Colors with Fruit	20 Honey Wheat Crackers with Fruit String Cheese with Fruit	21 Pretzel Goldfish with Fruit Pizza Crackers with Fruit	22 Cheddar Goldfish with Fruit Educational Snack with Fruit
25 String Cheese with Fruit Cinnamon Grahams with Fruit	26 Goldfish Colors with Fruit Honey Wheat Crackers with Fruit	27 Pizza Crackers with Fruit Pretzel Goldfish with Fruit	28 Sunflower Seeds with Fruit Educational Snack with Fruit	29 Cheddar Goldfish with Fruit Honey Grahams with Fruit

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Fresh fruit available daily except when fruit juice, string juice or Sunbutter are served.

Dairy-Free (DF)

Vegetarian (V)

Student Favorite ★