

October Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	NEW! Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Cheese Lasagna w/ Marinara	NEW! Bean & Cheese Pupusa w/ Curtido Salad NEW! Sesame Beef Bowl w/ Broccoli	Chicken Tamale w/ Pinto Beans NEW! Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	
7	8	9	10	11
Hot Dog w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	Chicken Bites w/ Mashed Potatoes Cheese Pizza Kit	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots Marinara Pasta w/ PlantBorn Crumble & Broccoli NEW! Chicken Tikka Masala w/ Rice & Peas	Grill Day Hot Dog w/ Lettuce and Tomato Grill Day Cheeseburger w/ Lettuce and Tomato Grill Day Veggie Burger w/ Lettuce & Tomato	
14	15	16	17	18
		NEW! Bean & Cheese Pupusa w/ Curtido Salad NEW! Orange Chicken & Not So Fried Rice w/ Diced Carrots	NEW! Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Chicken Tamale w/ Pinto Beans	Pepperoni Pizza Grilled Cheese Sandwich
21	22	23	24	25
Hot Dog w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	Chicken Bites w/ Mashed Potatoes Cheese Pizza Kit	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots Marinara Pasta w/ PlantBorn Crumble & Broccoli	New! BBQ Chicken w/ Baked Beans & Dinner Roll NEW! Bean & Cheese Pizza Kit	Wowbutter (Soybutter) & Jelly Sandwich
28	29	30	31	
Chicken Patty Burger w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	NEW! Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Cheese Lasagna w/ Marinara	NEW! Bean & Cheese Pupusa w/ Curtido Salad	NEW! Veggie Chef Salad w/ Egg, Dinner Roll & Ranch NEW! Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance	Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Chickpeas Thursday:Cucumber Slices (1/4 C) w/ Tajin Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Monday:Baby Carrots (1/4 C),Side of Oven Baked Fries (1/2 C)	Grapes (1/2 C),Banana (1/2 C),Plum (1/2 C),100% Fruit Juice 4 oz	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

