

SEPTEMBER LUNCH TK-1



Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2		3		4	
		Penne & Meat Sauce		Chicken Dumplings w/ Mixed Veggies		Turkey Nachos w/ Refried Beans & Tortilla Chips		Cheese Pizza	
7		8		9		10		11	
		Pineapple Teriyaki Chicken w/ Rice & Diced Carrots		Chicken Bites w/ Corn		Bean & Cheese Pupusa w/ Pinto Beans		Cheese Pizza	
14		15		16		17		18	
Crispy Chicken Sandwich w/ Oven Baked Fries		Parm Pizza Bites w/ Marinara Dipping Sauce		Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot		Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans		Pepperoni Pizza	
21		22		23		24		25	
Chicken Bites w/ Oven Bakes Fries		Penne & Meat Sauce		Sesame Beef Bowl w/ Broccoli		Turkey Nachos w/ Refried Beans & Tortilla Chips		Cheese Pizza	
28		29		30					
Cheeseburger w/ Oven Baked Fries		Pineapple Teriyaki Chicken w/ Rice & Diced Carrots		Chicken Bites w/ Corn					
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 *All Grains Are Whole Grain Rich		Tuesday: Celery Sticks (1/4 C) Wednesday: Cucumber Slices (1/4 C) w/ Tajin Thursday: Jicama Slices (1/4 C) Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C) Monday: Baby Carrots (1/4 C)		Apple (1/2 C), Banana (1/2 C), Nectarine (1/2 C), Peach (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			
									