



OCTOBER LUNCH



Monday		Tuesday		Wednesday		Thursday		Friday	
					1		2		
						Family Style Cheese Tamale w/ Black Beans		Bean & Cheese Burrito	
5		6		7		8		9	
Chicken Bites w/ Mashed Potatoes P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn		Family Style Mac & Cheese w/ Diced Carrots		Family Style Bean & Cheese Pupusa w/ Curtido Salad		Family Style Chicken Tamale w/ Pinto Beans Grilled Cheese Sandwich w/ Roasted Fava Beans		Burger Bar Veggie Burger w/ Lettuce & Tomato Hot Dogs w/ Lettuce and Tomato	
12		13		14		15		16	
Bean & Cheese Burrito w/ Corn Tajin Orange Chicken with Brown Rice, Peas, and Goldfish Grahams		Parm Pizza Bites w/ Marinara Dipping Sauce		Family Style Mac & Cheese w/ Mixed Veg		Family Style Cheese Tamale w/ Black Beans		Bean & Cheese Burrito	
19		20		21		22		23	
No School Staff Development Day		Family Style Penne & Meat Sauce P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots		Parm Pizza Bites w/ Marinara Dipping Sauce		Cheese Tamale w/ Black Beans		Grill Day Hot Dogs and Veggie Burgers w/ Lettuce and Tomato	
26		27		28		29		30	
Chicken Bites w/ Mashed Potatoes P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn		Family Style Mac & Cheese w/ Diced Carrots		Family Style Bean & Cheese Pupusa w/ Curtido Salad		Family Style Chicken Tamale w/ Pinto Beans Grilled Cheese Sandwich w/ Roasted Fava Beans		Burger Bar Cheeseburger w/ Lettuce and Tomato Veggie Burger w/ Lettuce & Tomato	
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		Thursday:Jicama Slices (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C) Monday:Baby Carrots (1/4 C) Tuesday:Celery Sticks (1/4 C) Wednesday:Cucumber Slices (1/4 C) w/ Tajin		Nectarine (1/2 C),Peach (1/2 C),Plum (1/2 C),Banana (1/2 C),Pear (1/2 C),Apple (1/2 C),Persimmon (1/2 C)		Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards			
									

