



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	Burger Bar Cheeseburger w/ Lettuce and Tomato Veggie Burger w/ Lettuce & 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	Grill Day Burgers, Hot Dogs and Veggie Burgers w/ Lettuce and 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	

