OCTOBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Family Style Cheese Tamale w/ Black Beans	2 Bean & Cheese Burrito
5 Chicken Bites w/ Mashed Potatoes P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn	6 Family Style Mac & Cheese w/ Diced Carrots	7 Family Style Bean & Cheese Pupusa w/ Curtido Salad	8 Family Style Chicken Tamale w/ Pinto Beans Grilled Cheese Sandwich w/ Roasted Fava Beans	9 Burger Bar Veggie Burger w/ Lettuce & Tomato Hot Dogs w/ Lettuce and Tomato
12 Bean & Cheese Burrito w/ Corn Tajin Orange Chicken with Brown Rice, Peas, and Goldfish Grahams	13 Parm Pizza Bites w/ Marinara Dipping Sauce	14 Family Style Mac & Cheese w/ Mixed Veg	15 Family Style Cheese Tamale w/ Black Beans	16 Bean & Cheese Burrito
19 **No School** **Staff Development Day**	20 Family Style Penne & Meat Sauce P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	21 Parm Pizza Bites w/ Marinara Dipping Sauce	22 Cheese Tamale w/ Black Beans	23 Burger Bar Cheeseburger w/ Lettuce and Tomato Veggie Burger w/ Lettuce & Tomato
26 Chicken Bites w/ Mashed Potatoes P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn	27 Family Style Mac & Cheese w/ Diced Carrots	28 Family Style Bean & Cheese Pupusa w/ Curtido Salad	29 Family Style Chicken Tamale w/ Pinto Beans Grilled Cheese Sandwich w/ Roasted Fava Beans	30 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

This institution is an equal opportunity provider. Menus are subject to change without notice.

NORCAL Lunch NSLP K-8