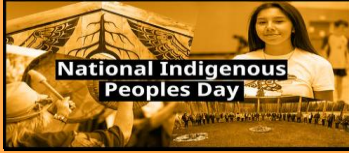


OCTOBER LUNCH TK-1



Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Southwest Chicken Salad w/ WG Dinner Roll		Cheese Pizza	
5		6		7		8		9	
Chicken Bites w/ Mashed Potatoes		Beef & Cheese Taco Stick w/ Baby Carrots		Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot		Grilled Cheese Sandwich w/ Roasted Fava Beans		 Parent/Teacher conferences	
12		13		14		15		16	
		Parm Pizza Bites w/ Marinara Dipping Sauce		Sesame Beef Bowl w/ Broccoli		BBQ Chicken w/ Baked Beans & Dinner Roll		Cheese Pizza	
19		20		21		22		23	
Cheeseburger w/ Oven Baked Fries		Bean & Cheese Burrito w/ Baby Carrots		Parm Pizza Bites w/ Marinara Dipping Sauce		Turkey Nachos w/ Refried Beans & Tortilla Chips		Cheese Pizza	
26		27		28		29		30	
Chicken Bites w/ Mashed Potatoes		Beef & Cheese Taco Stick w/ Baby Carrots		Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot		Grilled Cheese Sandwich w/ Roasted Fava Beans		Cheese Pizza	

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),100% Fruit Juice 4 oz,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 