

OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Bean & Cheese Pupusa w/ Pinto Beans Southwest Chicken Salad w/ WG Dinner Roll	
5	6	7	8	9
Chicken Bites w/ Mashed Potatoes & Pretzels P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn	Beef & Cheese Taco Stick w/ Baby Carrots Chicken Salad Sandwich w/ Baby Carrots	Bean & Cheese Pupusa w/ Curtido Salad Chicken Alfredo Pasta w/ Seasoned Peas Cheese Pizza Kit	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Pepperoni Pizza Crispy Chicken Sandwich
12	13	14	15	16
	Cheeseburger w/ Oven Baked Fries Grilled Cheese Sandwich w/ Baby Carrots P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Chicken Dumplings w/ Mixed Veggies Mac & Cheese w/ Mixed Vegetables & Dinner Roll P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Bean & Cheese Pupusa w/ Pinto Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Pepperoni Pizza Bean & Cheese Burrito
19	20	21	22	23
Cheeseburger w/ Oven Baked Fries Bean Burrito Bowl w/ Rice & Corn Beef & Cheese Taco Stick w/ Corn Tajin Turkey & Cheese Sub Sandwich w/ Tajin Corn	Bean & Cheese Burrito w/ Baby Carrots P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Parm Pizza Bites w/ Marinara Dipping Sauce Grilled Cheese Sandwich w/ Baby Carrots Asian Chicken Salad w/ WG Crispy	Cheese Tamale w/ Black Beans Turkey Nachos w/ Refried Beans & Tortilla Chips Wowbutter Jelly Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Beef, Bean & Cheese Burrito
26	27	28	29	30
Chicken Bites w/ Mashed Potatoes & Pretzels P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn	Cheese Lasagna w/ Marinara & wheat Crackers Beef & Cheese Taco Stick w/ Baby Carrots Yogurt w/ String Cheese, Granola & Baby Carrots	Bean & Cheese Pupusa w/ Curtido Salad Chicken Alfredo Pasta w/ Seasoned Peas Cheese Pizza Kit	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Crispy Chicken Sandwich
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	Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Thursday:Jicama Slices (1/2 C) Monday:Baby Carrots (1/2 C) Tuesday:Celery Sticks (1/2 C) Wednesday:Cucumber Slices (1/2 C) w/ Tajin	Apple (1/2 C),Nectarine (1/2 C),Pear (1/2 C),Peach (1/2 C),100% Fruit Juice 4 oz,Plum (1/2 C),Banana (1/2 C),Apple Slices (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	

