OCTOBER BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Croissant w/ Grape Jelly(20) Cinnamon Chex Cereal w/ Honey Grahams(5)	Yogurt w/ Honey Grahams(25) Cocoa Orbits Bites (Chocolate Puffed Cereal)(5)
5	6	7	8	9
Cinnamon Crumble(20) Cheerios Cereal w/ Honey Grahams(5)	Bagel w/ Seedbutter(20) Cocoa Orbits Bites (Chocolate Puffed Cereal)(5)	Croissant w/ Grape Jelly(25)	Chocolate Chip Muffin Top(20) CinniPuffs (Maple Cinnamon Puffed Cereal)(5)	Yogurt w/ Honey Grahams(20) Cinnamon Chex Cereal w/ Honey Grahams(5)
12	13	14	15	16
	Vanilla Concha(25)	Banana Muffin(25)	Berry Apple Zee Zee Bar(25)	Strawberry Yogurt Parfait w/ Cinnamon Granola(25)
19	20	21	22	23
Cinnamon Roll(25)	Yogurt w/ String Cheese(20) CinniPuffs (Maple Cinnamon Puffed Cereal)(5)	Fruit & Yogurt Smoothie w/ Granola(25)	Yogurt w/ Honey Grahams(25)	Blueberry Muffin(25)
26	27	28	29	30
Cinnamon Crumble(25)	Bagel w/ Seedbutter(20) Cocoa Orbits Bites (Chocolate Puffed Cereal)(5)	Croissant w/ Grape Jelly(15) Honey Bunches of Oats Cereal w/ Honey Grahams(10)	Chocolate Chip Muffin Top(25)	Yogurt w/ Honey Grahams(15) Cinnamon Chex Cereal w/ Honey Grahams(10)

Breakfast Includes:	***Featured Fruit:***	***RevUp Rewards:***
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	Banana (1/2 C),Pear (1/2 C),Apple Slices (1/2 C),Apple (1/2 C),100% Fruit Juice 4 oz,Orange (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

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OCTOBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheese Tamale w/ Black Beans(25) Southwest Chicken Salad w/ WG Dinner Roll(10) Turkey & Cheese Sandwich w/ Roasted Fava Beans(5)	2 Cheese Pizza(15) Pepperoni Pizza(20) Bean & Cheese Burrito(10)
5 Chicken Bites w/ Mashed Potatoes & Pretzels(25) Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn(15)	6 Cheese Lasagna w/ Marinara & Wheat Crackers(20) Beef & Cheese Taco Stick w/ Baby Carrots(20)	7 Bean & Cheese Pupusa w/ Curtido Salad(10) Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels(10) Chicken Alfredo Pasta w/ Seasoned Peas(20)	8 Chicken Tamale w/ Pinto Beans(20) Grilled Cheese Sandwich w/ Roasted Fava Beans(20)	9 Cheese Pizza(5) Crispy Chicken Sandwich(35)
12	13 Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars(30) Parm Pizza Bites w/ Marinara Dipping Sauce(10)	14 Sesame Beef Bowl w/ Broccoli(20) Mac & Cheese w/ Mixed Vegetables & Dinner Roll(10) Chicken Dumplings w/ Mixed Veggies(10)	15 Bean & Cheese Pupusa w/ Pinto Beans(10) BBQ Chicken w/ Baked Beans & Dinner Roll(10) Turkey & Cheese Sandwich w/ Roasted Fava Beans(20)	16 Pepperoni Pizza(20) Bean & Cheese Burrito(10) Chicken Caesar Salad with Dinner Roll & Croutons(10)
19 Bean Burrito Bowl w/ Rice & Corn(5) Beef & Cheese Taco Stick w/ Corn Tajin(10) Turkey & Cheese Sub Sandwich w/ Tajin Corn(25)	20 Penne & Meat Sauce(30) Cheese Pizza Kit(10)	21 Parm Pizza Bites w/ Marinara Dipping Sauce(20) Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas(20)	22 Turkey Nachos w/ Refried Beans & Tortilla Chips(15) Cheese Tamale w/ Black Beans(15) Southwest Chicken Salad w/ WG Dinner Roll(10)	23 Cheese Pizza(5) Pepperoni Pizza(10) Turkey & Cheese Sub Sandwich(25)
26 Chicken Bites w/ Mashed Potatoes & Pretzels(10) P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn(5) Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn(30)	27 Cheese Lasagna w/ Marinara & Wheat Crackers(10) Beef & Cheese Taco Stick w/ Baby Carrots(15) Chicken Salad Sandwich w/ Baby Carrots(15)	28 Bean & Cheese Pupusa w/ Curtido Salad(5) Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels(5) Chicken Alfredo Pasta w/ Seasoned Peas(30)	29 Chicken Tamale w/ Pinto Beans(20) Veggie Chef Salad w/ Egg, Dinner Roll & Ranch(5) Turkey & Cheese Sandwich w/ Roasted Fava Beans(15)	30 Cheese Pizza(5) Pepperoni Pizza(10) Crispy Chicken Sandwich(25)

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 (1/2 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 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),Peach (1/2 C),Pear (1/2 C),Plum (1/2 C),Banana (1/2 C),Apple Slices (1/2 C),,Persimmon (1/2 C),Orange (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

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