REVOLUTION FOODS
FRESH MADE MEALS

November Menu
BREAKFAST



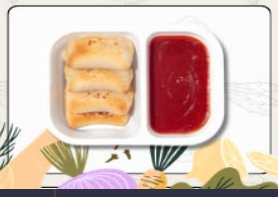
Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	**Nov 3**	**Nov 4**	**Nov 5**	**Nov 6**
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie	Waffle
Fruit: Apple & Pear	**Fruit: Orange & Apple Slices**	**Fruit: Banana & 100% Fruit Juice**	**Fruit: Apple Slices & Banana**	**Fruit: Pear & Apple**
Nov 9	**Nov 10**	**Nov 11**	**Nov 12**	**Nov 13**
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
French Toast Sticks	Mini Maple Pancakes	Egg & Cheese Burrito with Green Salsa	Sausage & Cheese Stuffed Waffle	Mini Strawberry Pancakes
Fruit: Apple & Pear	**Fruit: Orange & Apple Slices**	**Fruit: Banana & 100% Fruit Juice**	**Fruit: Apple Slices & Banana**	**Fruit: Pear & Apple**
Nov 16	**Nov 17**	**Nov 18**	**Nov 19**	**Nov 20**
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Waffle	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Pear	**Fruit: Orange & Apple Slices**	**Fruit: Banana & 100% Fruit Juice**	**Fruit: Apple Slices & Banana**	**Fruit: Pear & Apple**
Nov 23	**Nov 24**	**Nov 25**	**Nov 26**	**Nov 27**
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie	Waffle
Fruit: Apple & Pear	**Fruit: Orange & Apple Slices**	**Fruit: Banana & 100% Fruit Juice**	**Fruit: Apple Slices & Banana**	**Fruit: Pear & Apple**

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change

REVOLUTION FOODS
FRESH MADE MEALS

November Menu
LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	**Nov 3**	**Nov 4**	**Nov 5**	**Nov 6**
Bean & Cheese Burrito with Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Bread Roll	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese with Mixed Veg	Bean & Cheese Pupusa with Pinto Beans	Turkey-Beef Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich with Fava Bean Crisps	Bean & Cheese Burrito
Wow Butter & Jelly Sandwich with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Bread Roll
Nov 9	**Nov 10**	**Nov 11**	**Nov 12**	**Nov 13**
Cheeseburger & Fries	Beef Marinara Pasta	Cheesy Mozz Bites with Marinara	Cheese Tamale with Black Beans	Cheese Pizza
Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots	Grilled Cheese Sandwich with Baby Carrots	Turkey Nachos with Refried Beans & Tortilla Chips	Turkey-Beef Pepperoni Pizza
Beef & Cheese Taco Stick with Corn Tajin	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Firecracker Chicken Dumplings with Peas	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Holiday Turkey w/ Gravy & Mashed Potatoes with Bread Roll
Turkey & Cheese Sub with Corn Tajin	Build your Own Cheese Pizza Kit	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Bread Roll	Turkey & Cheese Sub
Nov 16	**Nov 17**	**Nov 18**	**Nov 19**	**Nov 20**
Chicken Bites & Mashed Potatoes	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa with Curtido	Chicken Tamale with Pinto Beans	Turkey-Beef Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie with Corn Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese on Pretzel Bun with Corn Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Bread Roll	Wow Butter & Jelly Sandwich
Nov 23	**Nov 24**	**Nov 25**	**Nov 26**	**Nov 27**
Bean & Cheese Burrito with Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Bread Roll	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese with Mixed Veg	Bean & Cheese Pupusa with Pinto Beans	Turkey-Beef Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich with Fava Bean Crisps	Bean & Cheese Burrito
Wow Butter & Jelly Sandwich with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Bread Roll
Extra 1/4 c Veg: Baby Carrots	**Extra 1/4 c. Veg: Celery Sticks**	**Extra 1/4 c. Veg: Cucumber & Tajin**	**Extra 1/4 c. Veg: Jicama**	**Veg: Side Salad w/ Dressing**
Fruit: 100% Fruit Juice	**Fruit: Mandarin**	**Fruit: Banana 11/4, 11/11, 11/25 Mixed Berry Cup 11/18**	**Fruit: Orange**	**Fruit: Apple**

Lunch Includes:
Choice of 1% or Fat Free Milk,
Fruit & Vegetable of the Day

Vegetarian Meals in Green
All Grains Are Wholegrain Rich
Menu is Subject to Change

REVOLUTION FOODS @ healthy meals for all

Breakfast Allergen & Nutrition Report
November 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold											
Bagel w/ Cream Cheese											
BreadBagelWholeGrainPlain 2oz	WHEAT	150	31	1	0	220	0	3	2	3	6
CheeseCream .75oz	MILK	53	2	5	3	86	11	1	0	0	2
Bagel w/ Seedbutter											
BreadBagelWholeGrainPlain 2oz	WHEAT	150	31	1	0	220	0	3	2	3	6
SpreadRoastedSeed 1.5oz		258	9	22	1	174	0	5	4	4	4
Banana Muffin	MILK, EGG, SOY, WHEAT	230	39	7	1	200	20	16	13	2	4
Berry Apple Zee Zee Bar	SOY, WHEAT	250	41	8	2	80	0	14	10	3	4
Blueberry Muffin	MILK, EGG, WHEAT	230	39	7	1	240	25	17	13	2	4
Cheerios Cereal w/ Honey Grahams											
CerealCheerios-1ozCup		100	21	2	1	140	0	1	1	3	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Chocolate Chip Muffin Top	MILK, EGG, SOY, WHEAT	260	43	8	2	300	20	19	15	2	4
Cinnamon Chex Cereal w/ Honey Grahams											
CerealChexCinnamon-1ozCup		120	22	3	0	170	0	6	6	1	1
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Cinnamon Crumble	MILK, EGG, SOY, WHEAT	310	48	12	1	290	20	21	9	2	5
Cinnamon Roll	MILK, EGG, SOY, WHEAT	260	37	11	3	135	20	16	0	2	4
CinniPuffs (Maple Cinnamon Puffed Cereal)		249	39	9	1	80	0	11	10	2	3
Cocoa Orbits Bites (Chocolate Puffed Cereal)		259	34	13	1	219	0	4	3	4	4
Conchita w/ String Cheese											
BreadConchaMiniVanilla 1.5oz	EGG, MILK, SOY, WHEAT	143	18	7	4	76	24	5	3	1	3
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Croissant w/ Grape Jelly											
BRKFST CroissantTray 0626	MILK, SOY, WHEAT	170	29	5	2	300	0	3	3	2	5
SpreadJamNaturalGrape 12g		35	9	0	0	0	0	9	8	0	0
Fruit & Yogurt Smoothie w/ Granola											
CerealGranola-Cinnamon		120	21	3	0	0	0	6	0	2	3
SmoothieYogurtStrawberryBanana	MILK	130	36	0	0	70	0	20	0	1	5
Honey Bunches of Oats Cereal w/ Honey Grahams											
CerealOatsHoneyBunches 1oz	WHEAT	100	22	2	0	65	0	5	5	2	2
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Strawberry Yogurt Parfait w/ Cinnamon Granola	MILK	221	42	3	0	69	3	18	10	4	7
Yogurt w/ Honey Grahams											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Yogurt w/ String Cheese											
Yogurt	MILK	70	12	0	0	70	5	9	5	0	4
StringCheese 1oz	MILK	80	0	6	4	200	15	0	0	0	7
Shelf Stable											
Shelf Stable - Berry Apple Crisp Bar, Fruit & Milk											
STABLE-BRKFST BarAppleApplesauce-Juice	SOY, WHEAT	357	69	8	2	100	0	38	10	4	4
MILK Stable Half Pint 0%	MILK	80	11	0	0	110	5	11	0	0	8
Shelf Stable Corn Chex Cereal, Honey Grahams, Dried Cranberries, Fruit Juice & Milk											
BRKFST STABLE CerealChexCorn-Cracker-Cranberries-Juice	SOY, WHEAT	357	83	3	0	295	0	44	26	5	3
MILK Stable Half Pint 0%	MILK	80	11	0	0	110	5	11	0	0	8

REVOLUTION FOODS @ healthy meals for all

Breakfast Allergen & Nutrition Report
November 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Hot											
Apple Hand Pie	EGG, MILK, SOY, WHEAT	250	41	8	1	30	0	10	7	3	5
Beef Sausage & Cheese Croissant Sandwich	MILK, SOY, WHEAT	303	30	16	7	827	39	3	3	2	15
Beef Sausage & Cheese English Muffin Sandwich	SOY, WHEAT, MILK	263	25	13	5	767	39	1	1	3	16
Egg, Cheese & Green Salsa Breakfast Burrito	MILK, EGG, WHEAT	246	30	10	4	322	70	1	0	4	10
French Toast Sticks	MILK, EGG, SOY, WHEAT	240	38	7	1	260	10	12	12	2	6
Mini Maple Pancakes	MILK, EGG, SOY, WHEAT	200	38	4	0	300	5	13	13	2	3
Mini Strawberry Pancakes	EGG, MILK, SOY, WHEAT	200	38	4	1	260	5	13	0	2	3
Oatmeal w/ Blueberries	MILK	207	40	3	1	34	4	17	0	4	7
Sausage & Cheese Stuffed Waffle	MILK, EGG, WHEAT	190	23	8	4	330	55	8	7	1	9
Waffle	MILK, EGG, SOY, WHEAT	310	36	17	5	260	20	12	12	2	5
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Apple Slices (1/2 C)		16	4	0	0	0	0	3	0	1	0
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
Pear (1/2 C)		95	25	0	0	2	0	16	0	5	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8

REVOLUTION FOODS® healthy meals for all

Lunch K-8 Allergen & Nutrition Report
November 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Cold											
Cheese Pizza Kit	MILK, SOY, WHEAT	372	38	16	6	783	36	7	2	4	20
Chicken Salad Sandwich w/ Baby Carrots											
SandwichChickenTiptopSalad	EGG, SESAME, SOY, WHEAT	314	25	12	2	380	37	4	2	2	26
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Egg Salad Sandwich w/ Churro Fava Beans											
SandwichEggSalad	SOY, WHEAT, EGG	303	32	13	3	371	203	3	2	3	12
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Italian Turkey Trio on Hoagie w/ Baby Carrots											
SandwichItalianTrio	SOY, WHEAT	281	33	8	2	690	59	3	2	3	18
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	MILK, EGG, SOY, WHEAT	500	69	15	5	690	55	24	17	2	18
P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	MILK, SOY, WHEAT	547	54	29	5	669	15	18	13	9	16
P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn											
KIT SandwichSliced-Seedbutter-StringCheese	MILK, SOY, WHEAT	523	48	29	5	614	15	15	13	7	16
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Seedbutter w/ String Cheese, Wheat Crackers, & Baby Carrots	MILK, SOY, WHEAT	452	30	31	5	554	15	10	6	7	13
Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn											
SandwichPretzelTurkeyThickCheese	MILK, SOY, WHEAT	326	34	14	7	721	44	4	4	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Turkey & Cheese Sandwich w/ Roasted Fava Beans											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Turkey & Cheese Sub Sandwich	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
Turkey & Cheese Sub Sandwich w/ Tajin Corn											
SandwichSubTurkeyThickCheeseYellow	SOY, WHEAT, MILK	306	32	13	6	836	44	2	2	3	19
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter & Jelly Sandwich w/ Tajin Corn											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Wowbutter (Soybutter) & Jelly Sandwich	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
Wowbutter Jelly Sandwich w/ Roasted Fava Beans											
SandwichWowbutterJelly	MILK, SESAME, SOY, WHEAT	540	53	29	6	390	0	19	16	8	18
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Yogurt w/ String Cheese, Granola & Baby Carrots	MILK	295	39	9	4	325	20	18	5	4	14
Lunch Salad											
Asian Chicken Salad w/ WG Crispy Noodles											
SaladChickenTiptopAsian		98	6	1	0	41	26	3	0	2	17
DressingAsianSesame 1.5oz	SESAME, SOY, WHEAT	180	8	16	2	600	0	8	8	0	0
PastaNoodleChowMeinCrispyWholeGrain .8oz	WHEAT	100	14	4	0	190	0	0	0	1	2
Chicken Caesar Salad with Dinner Roll & Croutons											
SaladChickenTiptopCaesar	MILK	126	4	4	2	97	36	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Caesar 1.5oz	MILK, EGG	162	3	16	3	448	15	2	1	0	2
Southwest Chicken Salad w/ WG Dinner Roll											
SaladChickenTiptopSouthwest		255	36	2	0	262	26	3	1	9	28
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
Veggie Chef Salad w/ Egg, Dinner Roll & Ranch											
SaladChefVeg-Garbanzo	MILK, EGG	225	22	9	3	283	165	6	0	6	15
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0

REVOLUTION FOODS® healthy meals for all

Lunch K-8 Allergen & Nutrition Report
November 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Shelf Stable											
Shelf Stable Buffalo Chicken Bites & Smoked Gouda Dip, Wheat Crackers, Craisins, Veg Juice & Milk											
STABLE ChickenBites-GoudaSmoked-Punch	SOY, WHEAT, MILK	500	70	18	8	1335	65	52	23	4	17
MILK Stable Half Pint 1%	MILK	100	12	2	1	105	10	12	0	1	8
Hot											
BBQ Chicken w/ Baked Beans & Dinner Roll											
ChickenTiptopBBQ-BeansBaked		428	66	1	0	814	32	26	1	13	33
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Bean & Cheese Burrito	MILK, SOY, WHEAT	350	39	12	7	520	35	1	0	10	17
Bean & Cheese Burrito w/ Baby Carrots											
BurritoBeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	350	39	12	7	520	35	1	0	10	17
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Bean & Cheese Burrito w/ Corn Tajin											
BurritoBeanCheeseArdellas 5.75oz	MILK, SOY, WHEAT	350	39	12	7	520	35	1	0	10	17
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Bean & Cheese Pupusa w/ Curtido Salad											
PupusaBeanCheese 5.5oz	MILK	290	35	11	3	480	15	1	1	4	13
VEG UV SaladCurtido .5c		15	3	0	0	137	0	2	0	1	1
Bean & Cheese Pupusa w/ Pinto Beans	MILK	444	62	11	4	779	15	2	1	10	22
Bean Burrito Bowl w/ Rice & Corn		303	60	2	0	260	0	3	1	9	13
Beef & Cheese Taco Stick w/ Baby Carrots											
StickBeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Beef & Cheese Taco Stick w/ Corn Tajin											
StickBeefTaco IW	MILK, SOY, WHEAT	345	32	8	8	631	52	1	0	4	20
VEG UV CornTajin		69	15	0	0	114	0	2	0	2	2
Cheese Lasagna w/ Marinara & Graham Crackers											
PastaLasagna	MILK, WHEAT	335	40	15	4	849	19	10	1	5	6
CrackerGrahamHoney 1oz	SOY, WHEAT	90	17	2	0	90	0	5	5	1	1
Cheese Pizza	MILK, SOY, WHEAT	310	31	13	6	440	30	9	2	3	16
Cheese Tamale w/ Black Beans	MILK, SOY	488	57	19	8	968	35	3	1	10	26
Cheeseburger w/ Oven Baked Fries	SESAME, SOY, WHEAT, MILK	460	43	23	8	885	61	4	2	3	20
Chicken Alfredo Pasta w/ Seasoned Peas											
PastaChickenTiptopAlfredoPeas	MILK, WHEAT	371	53	6	3	625	35	6	0	6	29
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Chicken Bites w/ Mashed Potatoes	MILK, SOY, WHEAT	332	26	19	8	884	62	1	0	3	18
Chicken Dumplings w/ Mixed Veggies	SOY, SESAME, WHEAT	341	54	7	1	802	35	15	12	4	19
Chicken Tamale w/ Pinto Beans	MILK, SOY	464	55	14	5	919	55	2	0	9	26
Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	SOY, WHEAT	264	35	5	1	550	76	11	0	4	20
Crispy Chicken Sandwich	MILK, SOY, WHEAT, SESAME	330	36	11	1	710	35	4	2	3	20
Firecracker Chicken Dumplings & Peas	SESAME, SOY, WHEAT	367	58	7	1	887	35	19	13	7	33
Grill Day Cheeseburger w/ Lettuce and Tomato											
GrillDayCheeseAmericanSlice	MILK, SOY	53	1	5	3	237	14	0	0	0	3
GrillDayHamburgerBun	SESAME, SOY, WHEAT	150	25	3	0	290	0	4	2	2	5
GrillDayHamburgerPatty		156	1	12	5	188	47	0	0	0	12
VEG GrillDayLettuceRomaine		5	1	0	0	2	0	0	0	1	0
VEG GrillDayTomatoSlice		4	1	0	0	1	0	1	0	0	0
Grill Day Hot Dog w/ Lettuce and Tomato											
GrillDayHotDog		160	1	14	6	380	35	1	0	0	7
GrillDayHotDogBun	SESAME, SOY, WHEAT	150	25	3	0	330	0	4	3	3	5
VEG GrillDayLettuceRomaine		5	1	0	0	2	0	0	0	1	0
VEG GrillDayTomatoSlice		4	1	0	0	1	0	1	0	0	0

REVOLUTION FOODS® healthy meals for all

Lunch K-8 Allergen & Nutrition Report
November 2026

Romance Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Added Sugars (g)	Total Dietary Fiber (g)	Protein (g)
Grill Day Veggie Burger w/ Lettuce & Tomato											
GrillDayHamburgerBun	SESAME, SOY, WHEAT	150	25	3	0	290	0	4	2	2	5
GrillDayVeggiePatty	MILK, EGG, SOY, WHEAT	140	6	7	1	320	0	1	0	3	16
VEG GrillDayLettuceRomaine		5	1	0	0	2	0	0	0	1	0
VEG GrillDayTomatoSlice		4	1	0	0	1	0	1	0	0	0
Grilled Cheese Sandwich w/ Baby Carrots											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW Carrot Baby .5c (2.5oz)		25	6	0	0	55	0	3	0	2	0
Grilled Cheese Sandwich w/ Roasted Fava Beans											
SandwichGrilledCheeseIW	MILK, SOY, WHEAT	309	33	11	6	559	32	6	2	3	19
VEG IW FavaBeanChurroCrispsZeeZee 1/2C 1.5oz		190	24	7	1	30	0	4	3	12	9
Mac & Cheese w/ Mixed Vegetables	MILK, EGG, WHEAT	370	37	16	9	942	48	7	0	4	18
Orange Chicken with Brown Rice, Peas, and Goldfish Grahams											
ChickenOrangeYangs-BrownRice-Peas	EGG, SOY, WHEAT	342	55	4	1	349	50	17	0	5	20
CrackerGrahamsGiantGoldfish .90oz	WHEAT	120	19	4	1	140	0	7	7	1	1
Parm Pizza Bites w/ Marinara Dipping Sauce	MILK, WHEAT	432	42	20	7	1229	40	9	1	2	18
Penne & Meat Sauce	MILK, EGG, WHEAT	537	74	16	5	737	34	8	1	5	29
Pepperoni Pizza	MILK, SOY, WHEAT	310	31	13	6	510	30	8	0	3	17
Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	SOY	287	45	2	0	349	32	20	14	4	23
Sesame Beef Bowl w/ Broccoli	SESAME, SOY	368	49	10	3	667	28	5	0	4	22
Soy Veggie Burger w/ Potato Wedges	SESAME, SOY, WHEAT, MILK, EGG	423	51	15	2	991	0	5	2	6	23
Turkey & Gravy w/ Mashed Potatoes & Dinner Roll											
HolidayTurkey-PotatoesMashedResersGravy	MILK	310	18	17	7	964	76	1	0	2	21
BreadDinnerRoll 2oz	SOY, WHEAT	160	29	4	0	250	0	2	2	4	5
Turkey Nachos w/ Refried Beans & Tortilla Chips											
NachosTurkey-BeansRefried	MILK	344	21	19	6	717	51	2	0	5	20
ChipsTortillaCorn 2oz	SOY	280	39	12	2	140	0	0	0	4	4
Vegetable											
Baby Carrots (1/4 C)		12	3	0	0	28	0	2	0	1	0
Celery Sticks (1/4 C)		5	1	0	0	28	0	0	0	1	0
Cucumber Slices (1/4 C) w/ Tajin											
SpiceTajin 1g		0	0	0	0	120	0	0	0	0	0
VEG IW Cucumber Slices 1/4C (1.25oz)		5	1	0	0	1	0	1	0	0	0
Jicama Slices (1/4 C)		15	3	0	0	0	0	1	0	2	0
Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)											
DRESSING Ranch	MILK, EGG	45	1	5	1	120	5	0	2	0	0
VEG UV Salad-LettuceTomatoCarrot (.75cp)		15	3	0	0	12	0	2	0	1	1
Fruit											
Apple (1/2 C)		112	30	0	0	2	0	22	0	5	1
Banana (1/2 C)		105	27	0	0	1	0	14	0	3	1
Berry Mixed Cup (1/2 C)		80	21	0	0	0	0	17	9	2	1
Mandarin Orange (1/2 C)		47	12	0	0	0	0	9	0	2	1
Orange (1/2 C)		71	18	0	0	0	0	14	0	4	1
100% Fruit Juice 4 oz		57	14	0	0	5	0	12	0	0	0
Milk											
1% Low Fat White	MILK	120	14	2	1	150	15	14	0	0	11
Fat Free Chocolate Milk	MILK	120	22	0	0	210	5	21	9	0	8
Fat Free White Milk	MILK	77	11	0	0	95	5	12	0	0	8