

October Lunch

9-12Th



Monday	Tuesday	Wednesday	Thursday	Friday
1			2	
			Chicken Bites w/ Corn & Pretzel Crackers	Bean & Cheese Pupusa w/ Pinto Beans
5		6	7	8
Cheese Pizza	Chicken Bites w/ Mashed Potatoes & Pretzels	Cheese Lasagna w/ Marinara & Wheat Crackers	Chicken Alfredo Pasta w/ Seasoned Peas	Turkey & Cheese Sandwich w/ Roasted Fava Beans
12		13	14	15
Pepperoni Pizza	Bean & Cheese Burrito w/ Corn Tajin	Parm Pizza Bites w/ Marinara Dipping Sauce	Chicken Dumplings w/ Mixed Veggies	BBQ Chicken w/ Baked Beans & Dinner Roll
19		20	21	22
Cheese Pizza	Cheeseburger w/ Oven Baked Fries	Penne & Meat Sauce	Parm Pizza Bites w/ Marinara Dipping Sauce	Turkey Nachos w/ Refried Beans & Tortilla Chips
26		27	28	29
Pepperoni Pizza	Chicken Bites w/ Mashed Potatoes & Pretzels	Cheese Lasagna w/ Marinara & Wheat Crackers	Chicken Alfredo Pasta w/ Seasoned Peas	

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 or Fat Free Strawberry Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Thursday:Cucumber Slices (1/2 C) w/ Tajin Friday:Jicama Slices (1/2 C) Monday:Fresh Broccoli w/ Ranch (3/4c) Tuesday:Baby Carrots (1/2 C) Wednesday:Celery Sticks (1/2 C)	Banana (1/2 C), Pear (1/2 C), Apple (1/2 C), Nectarine (1/2 C), Peach (1/2 C), 100% Fruit Juice 4 oz, Plum (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

