

OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido Salad 'PBJ Sandwich Kit (Seedbutter) w/ Baby Carrots	Turkey Nachos w/ Refried Beans & Tortilla Chips Chicken Tikka Masala w/ Rice, Chickpeas & Dinner Roll	Pepperoni Pizza Cheese Pizza Turkey & Cheese Sub Sandwich
6	7	8	9	10
No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break
13	14	15	16	17
Cheeseburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas Chicken Tamale w/ Seasoned Mixed Veg Cheese Pizza Kit	Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans BBQ Chicken w/ Baked Beans & Dinner Roll Bean & Cheese Burrito w/ Roasted Fava Beans	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot Mac & Cheese w/ Diced Carrots	Pepperoni Pizza Cheese Pizza Turkey & Cheese Sub Sandwich
20	21	22	23	24
Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn Crispy Chicken Sandwich w/ Oven Baked Fries Breakfast for Lunch: French Toast & Sausage w/ Potato Wedges	Parm Pizza Bites w/ Marinara Dipping Sauce Chicken Tamale w/ Seasoned Mixed Veg Italian Turkey Trio on Hoagie w/ Baby Carrots	Chicken Bites w/ Mashed Potatoes Bean & Cheese Pupusa w/ Curtido Salad 'PBJ Sandwich Kit (Seedbutter) w/ Baby Carrots	Turkey Nachos w/ Refried Beans & Tortilla Chips Chicken Tikka Masala w/ Rice, Chickpeas & Dinner Roll	Pepperoni Pizza Cheese Pizza Turkey & Cheese Sub Sandwich
27	28	29	30	31
Hamburger w/ Oven Baked Fries Crispy Chicken Sandwich w/ Oven Baked Fries Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn	Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams Cheese Pizza Kit Penne & Meat Sauce	Chicken Salad & Cheese Cracker Kit w/ Baby Carrots Beef & Cheese Taco Stick w/ Roasted Fava Beans Cheese Tamale w/ Black Beans	Chicken Bites w/ Mashed Potatoes Mac & Cheese w/ Diced Carrots	Pepperoni Pizza Cheese Pizza Turkey & Cheese Sub 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	Wednesday:Baby Carrots (1/2 C) Thursday:Cucumber Slices (1/4 C) w/ Tajin,Celery Sticks (1/4 C) Monday:Baby Carrots (1/4 C) Tuesday:Roasted Kettle Corn Chickpeas Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (0.75 C)	Banana (1/2 C),Apple (1/2 C),Plum (1/2 C),100% Fruit Juice 4 oz,Grapes (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

