

OCTOBER

BREAKFAST

HOT & COLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 • lemon muffin/ fruit	2 • blueberry bagel w/ cream cheese/ fruit • pineapple juice available	3 • HOT pancakes w/ syrup/ fruit	4
7 • yogurt/ honey grahams/ fruit Cereal • pineapple juice available	8 • HOT mini cheese omelet w/ french toast stick/ fruit	9 • HOT cornbread & egg omelet/ fruit • orange juice available	10 • plain bagel w/ cream cheese/ fruit	11 • yogurt/ educational snacks/ fruit • Cereal/ fruit • pineapple juice available
14	15 • Cereal / fruit	16 • blueberry bagel w/ cream cheese/ fruit • pineapple juice available	17 • multigrain cheerios/ giant goldfish	18 • banana muffin/ fruit • juice available
21 • yogurt/ educational snacks/ fruit • pineapple juice available	22 • lemon muffin/ fruit	23 • HOT pancakes w/ syrup/ fruit • orange juice available	24 • HOT cornbread & egg omelet / fruit	25 • Cereal/ fruit • pineapple juice available
28 • cheerios/ string cheese/ fruit • orange juice available	29 • HOT breakfast enchilada scramble w/ scoops/ fruit	30 • Hot pepper jack cheese & omelet gordita/ fruit • pineapple juice available	31 • HOT cinnamon toast bagel / fruit	

Did you know?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

revolution foods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

BREAKFAST: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered.

STUDENT FAVORITE ★

OCTOBER

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> • penne pasta w/ meat sauce (df) • coleslaw 	2 <ul style="list-style-type: none"> • flamed broiled beef cheeseburger • garbanzo, edamame & shredded carrots 	3 <ul style="list-style-type: none"> • creamy pasta alfredo (vg) • chopped lettuce & sliced tomatoes w/ ranch 	4 NO SCHOOL
7 <ul style="list-style-type: none"> • baked mac & cheese w/ chicken bites • three bean salad/ grape tomatoes 	8 <ul style="list-style-type: none"> • spaghetti marinara w/ mozzarella (vg) • baby carrots 	9 <ul style="list-style-type: none"> • pasta w/ zesty beef • corn & tomato salad 	10 <ul style="list-style-type: none"> • jerk drumstick w/ pineapple carrot rice (df) • coleslaw 	11 <ul style="list-style-type: none"> • cheese pizza (vg) • broccoli w/ ranch
14	15 <ul style="list-style-type: none"> • bbq beef slider • black beans, edamame, corn carrots 	16 <ul style="list-style-type: none"> • chicken bites • lemon pepper green beans 	17 <ul style="list-style-type: none"> • flamed broiled beef cheeseburger • side salad w/ ranch 	18 <ul style="list-style-type: none"> • cheese pizza (vg) • seasoned carrots , corn & peas
21 <ul style="list-style-type: none"> • crispy chicken sandwich (df) • baby carrots 	22 <ul style="list-style-type: none"> • classic spaghetti & meatballs (df) • broccoli w/ ranch 	23 <ul style="list-style-type: none"> • veggie chili (vg) • lemon pepper corn 	24 <ul style="list-style-type: none"> • classic chicken parm pasta • kidney beans, edamame, carrots, corn 	25 <ul style="list-style-type: none"> • pepperoni pizza • sliced cucumber
28 <ul style="list-style-type: none"> • chicken bites • green peas 	29 <ul style="list-style-type: none"> • uncle ted's bbq drumstick w/ cheesy rice • coleslaw 	30 <ul style="list-style-type: none"> • mini chicken corn dog • chili citrus black beans & corn 	31 <ul style="list-style-type: none"> • flamed broiled beef burger (df) • chopped lettuce & sliced tomatoes w/ ranch 	

Did you know?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:
 Designed with Kids | Created by Chefs | Nutritionally Balanced | Made with High-Quality Ingredients
 Learn more about us on our website at www.revolutionfoods.com

revolutionfoods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily.

DAIRY-FREE (DF) **VEGETARIAN (V)**
 options available daily – if not listed on the menu, available upon request.

**VEGETABLE
OF THE DAY**

**STUDENT
FAVORITE** ★

OCTOBER

CACFP **FULL FRESH SUPPER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 • hot dog (df)	2 • chicken caesar salad	3 NO DINNER	4 • cheesy pizza bite meals (vg)
7 • Hot Dogs	8 • Philly cheesesteak calzoni (vg)	9 • cheesy stuffed breadsticks w/ marinara cup (vg)	10 • mac & cheese (vg)	11 • flamed broiled beef cheeseburger
14	15 • chicken corn dogs	16 • pepperoni pizza	17 • cheesy ravioli (vg)	18 • sloppy joe
21 • cheesy stuffed breadsticks w/ marinara cup (vg)	22 • five cheese lasagna (vg)	23 • veggie chef salad (vg)	24 • hot dog (df)	25 • southwest veggie wrap (vg)
28 • chicken bites (df)	29 • fiesta supper bowl • bbq chicken wrap • cheddar cheese sandwich (vg)	30 • mac & cheese (vg) • veggie chef salad (vg) • turkey ranch wrap	31 • cheese pizza (vg) • chicken pesto pasta salad • southwest veggie wrap (vg)	

Did you know?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:
 Designed with Kids | Created by Chefs | Nutritionally Balanced | Made with High-Quality Ingredients
 Learn more about us on our website at www.revolutionfoods.com

revolutionfoods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

DAIRY-FREE (DF) & VEGETARIAN (V)
 options available daily – if not listed on the menu, available upon request.

SUPPER: choice of 1% or fat-free milk; fresh fruit available daily.

STUDENT FAVORITE ★

OCTOBER

SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 • ranch rumbles / juice	2 • goldfish colors/ string cheese	3 • educational snacks/ juice	4
7 • giant cinnamon goldfish grahams/ fruit	8 • goldfish colors/ juice	9 • pizza crackers/ fruit	10 • rf honey wheat crackers/ juice	11 • goldfish cheese crackers/ string cheese
14	15 • giant cinnamon grahams/ juice	16 • ranch rumbles/ fruit	17 • goldfish pretzels/ juice	18 • goldfish cheese crackers/ fruit
21 • pizza crackers/ fruit	22 • educational snacks/ fruit	23 • cinnamon rumbles/ fruit	24 • honey grahams/ juice	25 • giant cinnamon grahams/ fruit
28 • sunflower seeds/ fruit	29 • rf honey wheat crackers/ juice • goldfish pretzels/ string cheese	30 • educational snacks/ fruit • goldfish cheese crackers/ fruit	31 • goldfish colors/ juice • ranch rumbles/ fruit	

Did you know?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:
Designed with Kids | Created by Chefs | Nutritionally Balanced | Made with High-Quality
Ingredients
Learn more about us on our website at www.revolutionfoods.com

revolutionfoods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

SNACK: fresh fruit available daily except when
Sunbutter, string cheese or juice is
served.

**STUDENT
FAVORITE** ★