

October

BREAKFAST

Unitized K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Zee Zees Cinnamon Crisp Bar with Fresh Fruit (VG) (DF) ⁴	Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit (VG) ⁵	Strawberry Pancake Bowl (VG) ⁶	Lemon Muffin with Fresh Fruit (VG) ⁷	Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) ⁸
Indigenous People Day (NO SCHOOL) ¹¹	Banana Muffin with Fresh Fruit (VG) ¹²	Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) ¹³	Banana Muffin with Fresh Fruit (VG) ¹⁴	Cinnamon Crumble with Fresh Fruit (VG) ¹⁵
Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG) ¹⁸	Banana Muffin with Fresh Fruit (VG) ¹⁹	French Toast Muffin with Fresh Fruit (VG) ²⁰	Zee Zees Cinnamon Crisp Bar with Fresh Fruit (VG) (DF) ²¹	Lemon Muffin with Fresh Fruit (VG) ²²
Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) ²⁵	Lemon Muffin with Fresh Fruit (VG) ²⁶	Autumn Spice Muffin with Fresh Fruit (VG) ²⁷	Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) ²⁸	Cinnamon Crumble with Fresh Fruit (VG) ²⁹

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

surveymonkey.com/r/meals-survey



revolution foods.

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 except when fruit juice is served.

Dairy-Free (DF)

Vegetarian (V)

October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
BBQ Beef Rib Sandwich w/ BBQ Sauce Packet, Baby Carrots (DF) 4	Hot Meatball Sub w/ Broccoli 5	Cheese Pizza (VG) 6	Chicken Enchiladas 7	Chicken Taco Duo w/ Black Beans 8
Indigenous People Day (NO SCHOOL) 11	Hamburger w/ Broccoli (DF) 12	BBQ Chicken w/ Mac & Cheese and Baby Carrots 13	Bean & Cheese Burrito w/ Black Beans (VG) 14	Sweet Garlic Noodles w/ Chicken and Broccoli Florets (DF) 15
The Revolution Hot Dog w/ Baby Carrots (DF) 18	Beef Cheeseburger 19	Cheese Pizza (VG) 20	Hot Meatball Sub w/ Broccoli 21	Turkey Sandwich 22
Chicken Salad Sub Sandwich w/ Baby Carrots (DF) 25	Chicken Bites w/ Waffle, Roasted Potatoes, Syrup Packet and String Cheese 26	Pizza Panada Pie w/ Cilantro Lime Pinto Beans (VG) 27	Chicken Mumbo w/ Not So Fried Rice and Broccoli (DF) 28	Chicken Bites w/ Broccoli (DF) 29

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Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Vegetable of the Day

Dairy-Free (DF) Vegetarian (V) options available daily – if not listed on the menu, available upon request

October

SNACK

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Whole Grain Goldfish Pretzels with String Cheese	5 Honey Wheat Crackers with Sunbutter	6 Educational Snacks with String Cheese	7 Whole Grain Goldfish Pretzels with String Cheese	8 Savory Pizza Crackers with Fresh Fruit
11 Indigenous People Day (NO SCHOOL)	12 Whole Grain Goldfish Cheddar Crackers with Fresh Fruit	13 Savory Pizza Crackers with Fresh Fruit	14 Whole Grain Goldfish Pretzels with String Cheese	15 Whole Grain Goldfish Colors Cheddar Crackers with Fresh Fruit
18 Giant Goldfish Cinnamon Grahams with Fresh Fruit	19 Honey Wheat Crackers with Sunbutter	20 Cinnamon Grahams with Fresh Fruit	21 Whole Grain Goldfish Cheddar Crackers with String Cheese	22 Whole Grain Goldfish Cheddar Crackers with Fresh Fruit
25 Educational Snacks with Fresh Fruit	26 Whole Grain Goldfish Cheddar Crackers with Fresh Fruit	27 Whole Grain Goldfish Colors Cheddar Crackers with Fresh Fruit	28 Whole Grain Goldfish Pretzels with Fresh Fruit	29 Savory Pizza Crackers with String Cheese

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Fresh fruit available daily except when fruit juice, string juice or Sunbutter are served.

Dairy-Free (DF)

Vegetarian (V)

Student Favorite ★