

# January

# BREAKFAST

Pre-K 3-8th Grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
17	18 • Zee Zees Cinnamon Crisp Bar	19 • Banana Muffin	20 • French Toast Muffin	21 • Yogurt with Granola
24 • Whole Grain Cheerios	25 • Vanilla Concha Bread	26 • Plain Bagel with Cream Cheese	27 • Whole Grain Cheerios • Fresh Fruit • Milk	28 • Lemon Muffin • Fresh Fruit • Milk
31 Whole Grain Corn Chex • Fresh Fruit • Milk				

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](https://surveymonkey.com/r/meals-survey)



revolution foods.

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

**Dairy-Free (DF)**  
**Vegetarian (V)**

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

# January

# LUNCH

Unitized Pre-K 3-8thGrade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
17	18 • Bean and Cheese Burrito	19 • Turkey and Cheese Sandwich	20 • Baked Mac and Cheese and BBQ Chicken	21 Sloppy Joe Sandwich
24 • Chicken Mumbo Not So Fried Rice • Diced Carrots • Fresh Fruit • Milk	25 • Flame Broiled Beef Burger	26 • Oven Roasted Chicken Sandwich • Carrots • Fresh Fruit • Milk	27 Turkey and Cheese Sandwich	28 The Revolution Hot Dog
31 • Korean Beef • Carrot Rice • Fresh Fruit • Milk				

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### Vegetable of the Day

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