

September

BREAKFAST

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 French Toast Sticks w/ Seasonal Fruit Banana Muffin w/ Seasonal Fruit	2 Buenos Dias Burrito w/ Seasonal Fruit Blueberry Burst Muffin with Fresh Fruit	3 Pancakes w/ Syrup and Seasonal Fruit Cinnamon Chex w/ Seasonal Fruit
6 Blueberry Burst Muffin with Fresh Fruit	7 Cinnamon Chex w/ Seasonal Fruit	8 Cornbread w/ Omelet and Seasonal Fruit Berry Apple Zee Zee Bar w/ Seasonal Fruit	9 Pancakes w/ Syrup and Seasonal Fruit Lemon Muffin w/ Seasonal Fruit	10 Omelet w/ French Toast Stick and Seasonal Fruit Blueberry Chex w/ Seasonal Fruit
13 Cinnamon Crisp Zee Zee Bar w/ Seasonal Fruit	14 Strawberry Pancake Bowl Banana Muffin w/ Seasonal Fruit	15 Turkey Cheddar Gordita Omelet w/ Seasonal Fruit Plain Bagel w/ Cream Cheese and Seasonal Fruit	16 Chorizo Brekwich English Muffin Sausage w/ Seasonal Fruit Banana Muffin with Fresh Fruit	17 Waffle w/ Syrup and Seasonal Fruit Banana Muffin w/ Seasonal Fruit
20 Cheerios w/ Educational Snacks and Seasonal Fruit	21 French Toast Sticks w/ Seasonal Fruit Vanilla Concha Bread w/ Seasonal Fruit	22 Cheddar Sausage Biscuit w/ Seasonal Fruit French Toast Muffin w/ Seasonal Fruit	23 Scramble Cheesy Egg and Potato w/ Seasonal Fruit Strawberry Pancake Bowl	24 Chorizo Brekwich English Muffin Sausage Seasonal Fruit French Toast Muffin with Fresh Fruit
27 Banana Muffin with Fresh Fruit	28 English Muffin Sausage Brekwich w/ Seasonal Fruit Blueberry Muffin w/ Seasonal Fruit	29 Waffle w/ Syrup and Seasonal Fruit Autumn Spice Muffin w/ Seasonal Fruit	30 Gordita Omelet Turkey Cheddar Seasonal Fruit Cheerios w/ String Cheese and Seasonal Fruit	

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.

Choice of 1% 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 offer are whole-grain rich.

September

BREAKFAST

PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 French Toast Sticks w/ Seasonal Fruit Banana Muffin w/ Seasonal Fruit	2 Buenos Dias Burrito w/ Seasonal Fruit Blueberry Burst Muffin with Fresh Fruit	3 Pancakes w/ Syrup and Seasonal Fruit Cinnamon Chex w/ Seasonal Fruit
6 Blueberry Burst Muffin with Fresh Fruit	7 Cinnamon Chex w/ Seasonal Fruit	8 Cornbread w/ Omelet and Seasonal Fruit Banana Muffin and Seasonal Fruit	9 Pancakes w/ Syrup and Seasonal Fruit Lemon Muffin w/ Seasonal Fruit	10 Omelet w/ French Toast Stick and Seasonal Fruit Blueberry Chex w/ Seasonal Fruit
13 French Toast Muffin and Seasonal Fruit	14 Strawberry Pancake Bowl Banana Muffin w/ Seasonal Fruit	15 Turkey Cheddar Gordita Omelet w/ Seasonal Fruit Plain Bagel w/ Cream Cheese and Seasonal Fruit	16 Chorizo Brekwich English Muffin Sausage w/ Seasonal Fruit Banana Muffin with Fresh Fruit	17 Waffle w/ Syrup and Seasonal Fruit Banana Muffin w/ Seasonal Fruit
20 Cheerios w/ Educational Snacks and Seasonal Fruit	21 French Toast Sticks w/ Seasonal Fruit Cinnamon Crumble w/ Seasonal Fruit	22 Cheddar Sausage Biscuit w/ Seasonal Fruit French Toast Muffin w/ Seasonal Fruit	23 Scramble Cheesy Egg and Potato w/ Seasonal Fruit Strawberry Pancake Bowl	24 Chorizo Brekwich English Muffin Sausage w/ Seasonal Fruit French Toast Muffin and Seasonal Fruit
27 Banana Muffin with Fresh Fruit Whole Grain Cheerios with Giant Goldfish Cinnamon Grahams and Fresh Fruit	28 English Muffin Sausage Brekwich w/ Seasonal Fruit Blueberry Muffin w/ Seasonal Fruit	29 Waffle w/ Syrup and Seasonal Fruit Autumn Spice Muffin w/ Seasonal Fruit	30 Gordita Omelet Turkey Cheddar Seasonal Fruit Cheerios w/ String Cheese and Seasonal Fruit	

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September

LUNCH

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pizza Panada Pie (VG) 1 BBQ Beef Rib Sandwich (DF) Sunbutter and Jelly with String Cheese (VG) Chicken Pesto Pasta Salad Cilantro Lime Pinto Beans	All Beef Zesty Beef Pasta 2 Chicken Mumbo (DF) Greek Garbanzo Flatbread (DF) Turkey Cheese Sandwich Seasoned Beans	Chicken Teriyaki (DF) 3 Flame-Broiled Beef Cheeseburger SW Veggie Wrap (VG) Chinese Chicken Noodle Carrot and Broccoli Salad
Chicken Gumbo with Rice and Cornbread 6 BBQ Beef Rib Sandwich (DF) Mighty Meaty Deli Combo Egg Salad Sandwich (DF) (VG) Sliced Glazed Carrots	Cheese Pizza (VG) 7 Meatball Mozzarella Sub Sesame Chicken Wrap (DF) Turkey Cheese Sandwich Side Salad (Romaine/ Carrots)	Sloppy Joe (DF) 8 Soyrice Guacamole Burrito (DF) Honey Mustard Chicken Wrap (DF) Sunbutter and Jelly with String Cheese (VG) Steamed Corn	Chicken Enchilada w/ Seasoned Rice 9 Pasta Alfredo w/ Yogurt (VG) Chinese Chicken Noodles Chicken Caesar Wrap Seasoned Beans	Bean and Cheese Pusa (VG) 10 Chicken Taco Duo SW Veggie Wrap (VG) Greek Garbanzo Flatbread (DF) Black Beans
Cheese Tamale (VG) 13 Chicken Taco Duo Chicken Salad Sandwich (DF) Egg Salad Sandwich (DF) (VG) Corn Tomato Salad	Hamburger (DF) 14 Cheese Pizza (VG) Turkey Cheese Sandwich Chicken Buffalo Wrap Cucumber-Slices	Crispy Chicken Sandwich (DF) 15 BBQ Chicken w/ Mac and Cheese Cheese Pizza Chef Kit (VG) Chinese Chicken Noodle's Sliced Glazed Carrots	Bean and Cheese Burrito 16 Flame-Broiled Beef Cheeseburger Greek Garbanzo Flatbread (DF) Chicken Salad Sandwich (DF) Chili Citrus Corn w/ Black Beans	Chicken Mumbo (DF) 17 Garlic Chicken Noodles (DF) Sunbutter and Jelly with String Cheese (VG) Chicken Salad Sandwich (DF) Seasoned Broccoli Florets
Chili w/ Mini Cornbread 20 Oven Roasted Chicken Sandwich (DF) Chicken Buffalo Wrap Tuna Sandwich Kit (DF) Baby Carrots	Cheese Pizza (VG) 21 Mongolian Beef Cheese Sandwich (VG) Mighty Meaty Deli Combo Chopped Romaine Lettuce with Sliced Tomatoes	Cheeseburger 22 Beef and Bean Burrito (DF) Egg Salad Sandwich (DF) (VG) Cheese Pizza Chef Kit (VG) Roasted Potatoes	Meatball Mozzarella Sub 23 Chicken Bites w/ Mac and Cheese Chicken Pesto Pasta Salad Sesame Chicken Wrap (DF) Cucumber Slices	BBQ Chicken Shredded Plate 24 Pizza Panada Pie (VG) Turkey Cheese Sandwich Sunbutter and Jelly with String Cheese (VG) Hot Pinto Beans
Breakfast For Lunch (Pancakes/Omelet) (VG) 27 Oven Roasted Chicken Sandwich (DF) Chicken Salad Sandwich (DF) Turkey Cheese Sandwich Baby Carrots	Chicken Bites w/ Waffles 28 Cheeseburger Egg Salad Sandwich (DF) (VG) Tuna Sandwich Kit (DF) Carrots, Corn and Peas	Pizza Panada Pie (VG) 29 BBQ Beef Rib Sandwich (DF) Chicken Caesar Wrap Chicken Pesto Pasta Salad Cilantro Lime Pinto Beans	BBQ Beef Korean (DF) 30 Chicken Mumbo (DF) Greek Garbanzo Flatbread (DF) Turkey Cheese Sandwich Seasoned Beans	

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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 on request

September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pizza Panada Pie (VG) BBQ Beef Rib Sandwich (DF) Sunbutter and Jelly with String Cheese (VG) Chicken Pesto Pasta Salad Cilantro Lime Pinto Beans	2 All Beef Zesty Beef Pasta Chicken Mumbo (DF) Cheese Pizza Chef Kit (VG) Turkey Cheese Sandwich Seasoned Beans	3 Chicken Teriyaki (DF) Flame-Broiled Beef Cheeseburger SW Veggie Wrap (VG) Chinese Chicken Noodles Carrot and Broccoli Salad
6 Chicken Gumbo with Rice and Cornbread BBQ Beef Rib Sandwich (DF) Mighty Meaty Deli Combo Sunbutter and Jelly with String Cheese (VG) Sliced Glazed Carrots	7 Cheese Pizza (VG) Cheeseburger Sesame Chicken Wrap (DF) Turkey Cheese Sandwich Side Salad (Romaine/ Carrots)	8 Sloppy Joe (DF) Soyrizo Guacamole Burrito (DF) Honey Mustard Chicken Wrap (DF) Sunbutter and Jelly with String Cheese (VG) Steamed Corn	9 Chicken Enchilada w/ Brown Rice Pasta Alfredo w/ Yogurt (VG) Chinese Chicken Noodles Chicken Caesar Wrap Seasoned Beans	10 Bean and Cheese Pusa (VG) Chicken Taco Duo SW Veggie Wrap (VG) Turkey Cheese Sandwich Black Beans
13 Cheese Tamale (VG) Chicken Taco Duo Chicken Salad Sandwich (DF) CrackerMarinaraCheeseKit Corn Tomato Salad	14 Hamburger (DF) Cheese Pizza (VG) Turkey Cheese Sandwich Chicken Buffalo Wrap Cucumber Slices	15 Crispy Chicken Sandwich (DF) BBQ Chicken w/ Mac and Cheese Cheese Pizza Chef Kit (VG) Chinese Chicken Noddle's Diced Glazed Carrots	16 Bean and Cheese Burrito (VG) Flame-Broiled Beef Cheeseburger CrackerMarinaraCheeseKit Chicken Salad Sandwich (DF) Chili Citrus Corn w/ Black Beans	17 Chicken Mumbo (DF) Garlic Chicken Noodles (DF) Sunbutter and Jelly with String Cheese (VG) Chicken Salad Sandwich (DF) Seasoned Broccoli Florets
20 Chili w/ Mini Corn Bread Oven Roasted Chicken Sandwich (DF) Chicken Buffalo Wrap Tuna Sandwich Kit (DF) Seasoned Carrots and Corn	21 Cheese Pizza (VG) Mongolian Beef Cheese Sandwich (VG) Mighty Meaty Deli Combo Chopped Romaine Lettuce with Sliced Tomatoes	22 Cheeseburger Beef and Bean Burrito (DF) Sunbutter and Jelly with String Cheese (VG) Cheese Pizza Chef Kit (VG) Roasted Potatoes	23 Hamburger (DF) Chicken Bites w/ Mac and Cheese Chicken Pesto Pasta Salad Sesame Chicken Wrap (DF) Cucumber-Slices	24 BBQ Chicken Shredded Plate Pizza Panada Pie (VG) Turkey Cheese Sandwich Sunbutter and Jelly with String Cheese (VG) Hot Pinto Beans
27 Breakfast For Lunch (Pancakes/Omelet) (VG) Oven Roasted Chicken Sandwich (DF) Chicken Salad Sandwich (DF) Turkey Cheese Sandwich Diced Steamed Carrots	28 Chicken Bites w/ Waffles Cheeseburger Cheese Pizza Chef Kit (VG) Tuna Sandwich Kit (DF) Carrots, Corn and Peas	29 Pizza Panada Pie (VG) BBQ Beef Rib Sandwich (DF) Chicken Caesar Wrap Chicken Pesto Pasta Salad Cilantro Lime Pinto Beans	30 BBQ Beef Korean (DF) Chicken Mumbo (DF) Cheese Pizza Chef Kit (VG) Turkey Cheese Sandwich Seasoned Beans	

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Vegetable of the Day

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September

SNACK

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 GIANT Cinnamon Goldfish Grahams w/ Seasonal Fruit Whole Grain Goldfish Colors Cheddar Crackers with Fresh Fruit	2 Whole Grain Goldfish Pretzels with Fresh Fruit Educational Snacks w/ Seasonal Fruit	3 Pizza Cracker w/ String Cheese Goldfish Pretzels w/ String Cheese
6 Goldfish Pretzel w/ String Cheese String Cheese w/ Seasonal Fruit	7 RF Honey Wheat Crackers w/ Sun Butter Sunflower Seeds w/ Seasonal Fruit	8 Educational Snacks w/ String Cheese Honey Grahams w/ Seasonal Fruit	9 Goldfish Pretzels / String Cheese	10 Pizza Cracker w/ Seasonal Fruit Cinnamon Grahams w/ Seasonal Fruit
13 Color Goldfish Crackers w/ String Cheese RF Honey Wheat Crackers w/ Seasonal Fruit	14 Educational Snacks w/ String Cheese Cheddar Goldfish Crackers w/ Seasonal Fruit	15 Honey Grahams w/ Seasonal Fruit Pizza Cracker w/ Seasonal Fruit	16 Goldfish Pretzels w/ String Cheese	17 Color Goldfish Crackers w/ Seasonal Fruit Sunflower Seeds w/ Seasonal Fruit
20 GIANT Cinnamon Goldfish Grahams w/ Seasonal Fruit String Cheese w/ Seasonal Fruit	21 RF Honey Wheat Crackers w/ SunButter Cheddar Goldfish Crackers w/ String Cheese	22 Pizza Cracker w/ Seasonal Fruit Grahams Cinnamon w/ Seasonal Fruit	23 Cheddar Goldfish Crackers w/ String Cheese Whole Grain Goldfish Pretzels with Fresh Fruit	24 String Cheese w/ Seasonal Fruit Whole Grain Goldfish Cheddar Crackers with Fresh Fruit
27 Educational Snacks w/ Seasonal Fruit RF Honey Wheat Crackers w/ String Cheese	28 Cheddar Goldfish Crackers w/ Seasonal Fruit Pizza Cracker w/ String Cheese	29 GIANT Cinnamon Goldfish Grahams w/ Seasonal Fruit Color Goldfish Crackers w/ Seasonal Fruit	30 Whole Grain Goldfish Pretzels with Fresh Fruit Educational Snacks w/ Seasonal Fruit	

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Dairy-Free (DF)

Vegetarian (V)

Student Favorite ★

September

SUPPER

GRAB & GO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken Fiesta Slider w/ Seasonal Fruit (DF) 1 Cinnamon Grahams, Sunbutter, String Cheese, Punch & Seasonal Fruit (V)	Chicken Pesto Pasta w/ Seasonal Fruit 2 Cheese Pizza Chef Kit w/ Baby Carrots & Seasonal Fruit (V)	Veggie Chef Salad w/ Seasonal Fruit (V) 3 Garlic Chicken Noodle Pasta w/ Seasonal Fruit (DF)
Veggie Chef Salad w/ Seasonal Fruit (V) 6 Chicken Bites w/ Street Corn & Seasonal Fruit (DF)	Greek Chicken Flatbread w/ Tomatoes & Seasonal Fruit 7 Educational Snacks, Sunflower Seeds, String Cheese & Broccoli w/ Seasonal Fruit	Sunbutter & Jelly Sandwich w/ Seasonal Fruit (V) 8 Chicken Garden Salad w/ Ranch & Seasonal Fruit	Cheese Pizza Chef Kit w/ Baby Carrots & Seasonal Fruit 9 Honey Mustard Chicken Slider w/ Seasonal Fruit (DF)	Garlic Chicken Noodle Pasta w/ Seasonal Fruit (DF) 10 Sunbutter & Jelly Sandwich w/ Seasonal Fruit (V)
Chicken Caesar Salad w/ Seasonal Fruit 13 Chicken Buffalo Sandwich w/ Celery & Seasonal Fruit	Rev Foods Crackers, String Cheese, Celery & Seasonal Fruit 14 Turkey Slider w/ Lettuce, Tomato & Seasonal Fruit	Chicken Pesto Pasta w/ Seasonal Fruit 15 Cheddar Goldfish, Sunflower Seeds, String Cheese w/ Tomatoes & Seasonal Fruit (VG)	Chicken Garden Salad w/ Ranch and Seasonal Fruit 16 Cheese Slider w/ Seasonal Fruit (V)	Sandwich Buffalo Chicken Celery Seasonal Fruit 17 Educational Snacks, Sunflower Seeds & String Cheese w/ Seasonal Fruit (VG)
Educational Snacks, Sunflower Seeds, String Cheese and Seasonal Fruit (V) 20 Greek Chicken Flatbread w/ Tomatoes & Seasonal Fruit	Sunbutter & Jelly Sandwich w/ Seasonal Fruit (V) 21 Turkey Slider w/ Lettuce, Tomato and Seasonal Fruit	Cheese Pizza Chef Kit w/ Celery and Seasonal Fruit (V) 22 Chicken Bites w/ Baby Carrots & Seasonal Fruit	Honey Mustard Chicken Slider w/ Seasonal Fruit (DF) 23 Turkey Pesto Wrap w/ Celery & Seasonal Fruit	Turkey & Cheese Crackers w/ Celery Seasonal Fruit 24 Garlic Chicken Noodle Pasta w/ Seasonal Fruit (DF)
Chicken Buffalo Sandwich w/ Celery & Seasonal Fruit 27 Turkey Pesto Wrap w/ Celery & Seasonal Fruit	Cheddar & Salsa Scoops w/ Seasonal Fruit 28 Veggie Chef Salad w/ Seasonal Fruit (V)	Chicken Fiesta Slider w/ Seasonal Fruit (DF) 29 Cinnamon Grahams, Sunbutter, String Cheese & Celery w/ Seasonal Fruit	Chicken Pesto Pasta w/ Seasonal Fruit 30 Turkey & Cheddar Pullman Sandwich w/ Seasonal Fruit	

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