

# October

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 French Toast Muffin with Fruit Cheerios with Cinnamon Grahams and Fruit.
4 Cheerios with Cinnamon Grahams and Fruit Yogurt with Cinnamon Grahams and Fruit	5 Cinnamon ZeeZee Bar and Fruit Egg and Cheese Muffin	6 Waffle with Syrup and Fruit Corn Chex with Educational Snacks and Fruit	7 French Toast Sticks Berry Apple ZeeZee Bar and Fruit	8 French Toast Muffin and Fruit Cheerios with Giant Cinnamon Grahams and Fruit
11 Cheerios with Cinnamon Grahams and Fruit. Yogurt with Cinnamon Grahams and Fruit	12 Plain Bagel with Cream Cheese and Fruit Cinnamon Chex Cereal with Educational Snack and Fruit	13 French Toast Sticks Vanilla Concha and Fruit	14 Cinnamon Crisp ZeeZee Bar with Fruit Cheesy Egg and Potato Scramble	15 Waffle and Syrup with Fruit Corn Chex with String Cheese and Fruit
18 Cinnamon Chex Cereal with Educational Snack and Fruit Plain Bagel with Cream Cheese and Fruit	19 Cheerios with Cinnamon Grahams and Fruit. Blueberry Muffin with Fruit	20 Cinnamon Crumble with Fruit Yogurt with Educational Snacks and Fruit	21 Vanilla Concha with Fruit Berry Apple Zeezee Bar Fruit	22 Blueberry Muffin with Fruit Cheerios with Cinnamon Grahams and Fruit.
25 Yogurt with Educational Snacks and Fruit Cheerios with Educational Snack and Fruit	26 Egg and Cheese Breakfast Muffin Cinnamon Crisp ZeeZee Bar Banana Muffin and Fruit.	27 Waffle with Syrup and Fruit Corn Chex with Educational Snacks and Fruit	28 Blueberry Burst Bagel with Cream Cheese and Fruit Berry Apple Zee Zee Bar and Fruit	29 Buttermilk Pancake French Toast Muffin with 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](https://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

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pizza with Citrus Black Beans and Corn <sup>1</sup>
Hot Dog with Baby Carrots (DF) <sup>4</sup> Mighty Meaty Deli Combo with Baby Carrots	Cheeseburger with Broccoli <sup>5</sup> -Buffalo Chicken Wrap with Baby Carrots	Hot Dog and Baby Carrots <sup>6</sup> Chicken Salad Sandwich with Baby Carrots(DF)	Marinara Pasta <sup>7</sup> Honey Mustard Chicken Wrap with Corn	Taco Veggie Salad(V) <sup>8</sup> Cheeseburger with Carrots
Chicken Alfredo with Broccoli <sup>11</sup> Tuna Sandwich Kit with Baby Carrots (DF)	Cheeseburger with Broccoli <sup>12</sup> Garden Chicken Ranch Salad	Oven Roasted Chicken Sandwich with Black Beans <sup>13</sup> Southwest Veggie Wrap with Corn(V)	Kickin' Chicken Melt Sandwich with Broccoli <sup>14</sup> Chicken Cesar Salad	Spaghetti and Meatballs with Corn, Carrots and Peas (DF) <sup>15</sup> Cheese Pizza(V)
Calzoni Nacho Cheese Pretzel with Broccoli(V) <sup>18</sup> Mighty Meaty Deli Combo with Baby Carrots	Cheeseburger with Roasted Potatoes <sup>19</sup> Pesto Pasta Salad	Mac and Cheese with Baby Carrots (V) <sup>20</sup> Chicken Cesar Salad	Chicken Alfredo with Broccoli <sup>21</sup> Turkey and Cheese Sandwich with Cucumbers	Hot Dog with Pinto beans(DF) <sup>22</sup> BBQ Beef Rib Sandwich with BBQ Beans
(V) Orange Breaded Chicken with Broccoli(DF) <sup>25</sup> Turkey and Cheese Sandwich with Corn	Pepperoni Pizza with Citrus Black Beans and Corn <sup>26</sup> Mighty Meaty Deli Combo Sandwich	Hot Dog with Broccoli(DF) <sup>27</sup> Southwest Veggie Wrap(V)	Honey Mustard Chicken Wrap with Corn <sup>28</sup> Chicken and Cheddar Melt Sandwich	Uncle Teds BBQ Chicken Drumstick with Cheesy Rice <sup>29</sup> Chicken Salad Sub

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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