

SEPTEMBER

# BREAKFAST

UNITIZED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <ul style="list-style-type: none"> <li>• cheerios/ string cheese/ fruit</li> <li>• zee zee cinnamon crisp bar/ fruit</li> </ul>	4 <ul style="list-style-type: none"> <li>• blueberry bagel w/ cream cheese/ fruit</li> <li>• yogurt/ cinnamon grahams/ fruit</li> </ul>	5 <ul style="list-style-type: none"> <li>• banana muffin/ fruit</li> <li>• zee zee berry apple crisp bar/ fruit</li> </ul>	6 <ul style="list-style-type: none"> <li>• granola bowl/ fruit</li> <li>• plain bagel w/ cream cheese/ fruit</li> </ul>
9 <ul style="list-style-type: none"> <li>• yogurt/ honey grahams/ fruit</li> <li>• zee zee cinnamon crisp bar/ fruit</li> </ul>	10 <ul style="list-style-type: none"> <li>• blueberry bagel w/ cream cheese/ fruit</li> <li>• cheerios/ animal crackers fruit</li> </ul>	11 <ul style="list-style-type: none"> <li>• autumn spice muffin/ fruit</li> <li>• string cheese/ cinnamon grahams/ fruit</li> </ul>	12 <ul style="list-style-type: none"> <li>• plain bagel w/ cream cheese/ fruit</li> <li>• corn chex/ giant cinnamon goldfish grahams/ fruit</li> </ul>	13 <ul style="list-style-type: none"> <li>• yogurt/ educational snacks/ fruit</li> <li>• zee zee berry apple crisp bar/ fruit</li> </ul>
16 <ul style="list-style-type: none"> <li>• cinnamon chex / educational snacks/ fruit</li> <li>• yogurt/ honey grahams/ fruit</li> </ul>	17 <ul style="list-style-type: none"> <li>• lemon muffin/ fruit</li> <li>• zee zee cinnamon crisp bar/ fruit</li> </ul>	18 <ul style="list-style-type: none"> <li>• blueberry bagel / cream cheese/ fruit</li> <li>• yogurt/ educational snacks/ fruit</li> </ul>	19 <ul style="list-style-type: none"> <li>• multigrain cheerios/ giant goldfish grahams/ fruit</li> <li>• zee zee berry apple crisp bar/ fruit</li> </ul>	20 <ul style="list-style-type: none"> <li>• granola bowl/ fruit</li> <li>• plain bagel w/ cream cheese/ fruit</li> </ul>
23 <ul style="list-style-type: none"> <li>• dipper doodle/ fruit</li> <li>• yogurt/ educational snacks/ fruit</li> </ul>	24 <ul style="list-style-type: none"> <li>• banana muffin/ fruit</li> <li>• blueberry bagel / cream cheese/ fruit</li> </ul>	25 <ul style="list-style-type: none"> <li>• yogurt/ honey grahams/ fruit</li> <li>• cinnamon crumble/ fruit</li> </ul>	26 <ul style="list-style-type: none"> <li>• plain bagel w/ cream cheese/ fruit</li> <li>• blueberry muffin/ fruit</li> </ul>	27 <ul style="list-style-type: none"> <li>• Cinnamon chex/ educational snacks/ fruit</li> <li>• zee zee berry apple bar/ fruit</li> </ul>
30 <ul style="list-style-type: none"> <li>• cheerios/ string cheese/ fruit</li> <li>• zee zee cinnamon crisp / fruit</li> </ul>				

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 ★

# SEPTEMBER

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <ul style="list-style-type: none"> <li>hot dog (df)</li> <li>chicken bites</li> <li>philly cheesesteak calzoni (vg)</li> </ul>	4 <ul style="list-style-type: none"> <li>bbq chicken plate</li> <li>creamy pasta alfredo (vg)</li> <li>buffalo chicken wrap</li> </ul>	5 <ul style="list-style-type: none"> <li>crispy chicken sandwich (df)</li> <li>cheese enchiladas (vg)</li> </ul>	6 <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>ranchero chicken con queso rice bake</li> <li>cheese pizza (vg)</li> </ul>
9 <ul style="list-style-type: none"> <li>baked mac &amp; cheese w/ chicken bites</li> <li>wicked bog fish sandwich(df)</li> </ul>	10 <ul style="list-style-type: none"> <li>spaghetti &amp; marinara w/ mozzarella (vg)</li> <li>kickin chicken melt sandwich</li> </ul>	11 <ul style="list-style-type: none"> <li>hot meatball sub</li> <li>breakfast for lunch: pancakes w/ sausage</li> </ul>	12 <ul style="list-style-type: none"> <li>uncle ted's bbq chicken drumstick w/ cheesy rice</li> <li>bean &amp; cheese pupusa (vg)</li> </ul>	13 <ul style="list-style-type: none"> <li>chicken potstickers w/ not so fried rice</li> <li>flamed broiled cheeseburger</li> </ul>
16 <ul style="list-style-type: none"> <li>hot dog (df)</li> <li>orange grilled chicken (df)</li> </ul>	17 <ul style="list-style-type: none"> <li>bbq bef slider</li> <li>cheese enchiladas (vg)</li> </ul>	18 <ul style="list-style-type: none"> <li>pasta w/ zesty beef</li> <li>fiesta scoops w/ three layer dip (vg)</li> </ul>	19 <ul style="list-style-type: none"> <li>chicken bites</li> <li>sweet garlic noodles w/ chicken</li> </ul>	20 <ul style="list-style-type: none"> <li>cheese pizza (vg)</li> <li>pepper jack cheeseburger</li> </ul>
23 <ul style="list-style-type: none"> <li>baked mac &amp; cheese w/ chicken sausage</li> <li>crispy chicken sandwich (df)</li> </ul>	24 <ul style="list-style-type: none"> <li>classic spaghetti &amp; meatballs (df)</li> <li>cheesy pizza bite (vg)</li> </ul>	25 <ul style="list-style-type: none"> <li>hot dog (df)</li> <li>hearty veggie chili (vg)</li> </ul>	26 <ul style="list-style-type: none"> <li>penne pasta w/ meat sauce (df)</li> <li>bbq beef flatbread melt</li> </ul>	27 <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>cheese pizza (vg)</li> </ul>
30 <ul style="list-style-type: none"> <li>chicken bites</li> <li>philly cheesesteak sandwich</li> </ul>				

## 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](http://www.revolutionfoods.com)

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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.

VEGETABLE OF THE DAY

STUDENT FAVORITE ★