

SEPTEMBER BREAKFAST

Unitized Breakfast K-12

BACK to SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. What's your new goal?



Learn more about us on our *new* website at revolutionfoods.com!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- | | | | | |
|---|--|--|--|---|
| <ul style="list-style-type: none"> • cinnamon grahams & string cheese | <ul style="list-style-type: none"> • corn chex & fruit | <ul style="list-style-type: none"> • honey grahams & cinnamon rumbles | <ul style="list-style-type: none"> • plain bagel and cream cheese
pineapple juice available | <ul style="list-style-type: none"> • zac omega fruit filled strawberry bar |
| <ul style="list-style-type: none"> • cinnamon grahams & string cheese | <ul style="list-style-type: none"> • blueberry bursi muffin | <ul style="list-style-type: none"> • cinnamon crumbles | <ul style="list-style-type: none"> • french toast muffin
orange Juice available | <ul style="list-style-type: none"> • cinnamon raisin bagel |
| <ul style="list-style-type: none"> • cinnamon grahams & string cheese | <ul style="list-style-type: none"> • banana muffin | <ul style="list-style-type: none"> • honey grahams & cinnamon rumbles | <ul style="list-style-type: none"> • blueberry bagel & cream cheese | <ul style="list-style-type: none"> • yogurt & educational snacks |
| <ul style="list-style-type: none"> • corn chex & mini dipper & fruit | <ul style="list-style-type: none"> • plain bagel & cream cheese | <ul style="list-style-type: none"> • cheerios & fruit | <ul style="list-style-type: none"> • cinnamon grahams & string cheese | <ul style="list-style-type: none"> • French toast muffin |

SEPTEMBER LUNCH

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Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o Vegetable of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- chicken taco trio
- fiesta scoops & three layer dip (v)
- o lettuce & tomatoes with ranch
- bbq chicken wrap
- egg salad sandwich (v)(df)
- o sweet potatoes

- kickin' chicken melt
- sunny sandwich kit (sunbutter & jelly) (v)
- o pinto beans & broccoli

- jerk drumstick & pineapple carrot rice

- mac & cheese and chicken bites
- o seasoned garbanzo beans & grape tomatoes

- chicken bites with bbq bean sauce

- blast for lunch: pancakes & omelet (v)

- bean & cheese pupusa (v)
- the revolution dog (df)
- o broccoli with ranch
- creamy tomato chicken
- o cucumber & tomato salad

- bbq beef flatbread melt
- chicken bites
- o edamame and baby carrots

- chicken & pork andouille gumbo
- o sweet potatoes

- beef cheeseburger
- o seasoned green beans with ranch

- chicken "pizza party" salad
- o broccoli & carrot salad
- general tso's chicken
- o green peas

- pasta with zesty beef
- o edamame & grape tomatoes

- chili citrus drumstick & rice
- o sweet potatoes

- the revolution dog (df)
- o steamed corn

- buffalo chicken "crunchadilla"
- o lettuce and sliced tomatoes with ranch
- blast for lunch: pancakes & chicken sausage
- chilled, seasoned green beans