

# September

## K-12 BREAKFAST

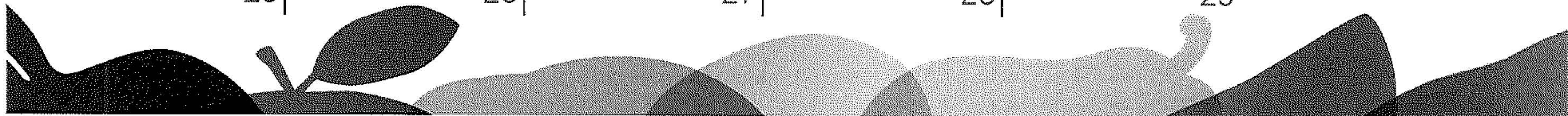
revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>• rf snow flurries cereal (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">1</p>
<p>no school for students</p> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• yogurt/educational snacks</li> <li>• rf honey buttons cereal (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• apple muffin</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• rf snow flurries cereal (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• blueberry muffin</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> <li>• rf cocoa critters cereal (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• breakfast cinnamon crumble</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• yogurt/skeeter cinn grahams</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• blueberry burst whole grain</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• zee zees berry apple crisp bar (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> <li>• yogurt/educational snacks</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• rf snow flurries cereal (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• jumpstart breakfast: mini</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• rf cocoa critters cereal (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• blueberry burst whole grain</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> <li>• dipper doodle bar (2.3 oz) (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>• yogurt/skeeter honey grahams</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• zac omega bar blackberry (2.5 oz) (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>• rf snow flurries cereal (df)</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>• blueberry burst whole grain</li> <li>• Fresh fruit</li> </ul> <p style="text-align: right;">29</p>

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





# September

## K-12 LUNCH

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>buffalo chicken crunchadilla</li> <li>with fresh grown vegetables</li> </ul> <p style="text-align: right;">1</p>
<p>no school for students</p> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>chicken bites (df)</li> <li>with fresh grown vegetables</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>chicken taco trio</li> <li>sweet potatoes</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>the revolution hot dog (df)</li> <li>chopped lettuce and sliced tomatoes with ranch</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>general tso's chicken (df)</li> <li>chilled; seasoned green beans</li> </ul> <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> <li>buffalo chicken crunchadilla</li> <li>green peas</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>baked mac &amp; cheese and chilled, seasoned green beans</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (df) baby carrots and edamame</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>chicken teriyaki with brown rice (df)</li> <li>tomatoes with ranch</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>the revolution hot dog (df)</li> <li>sweet potatoes</li> </ul> <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> <li>chicken bites (df)</li> <li>chilled, seasoned green beans</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>jerk drumstick with pineapple carrot rice (df)</li> <li>sweet potatoes</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>general tso's chicken (df)</li> <li>baby carrots and edamame</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>buffalo chicken sandwich</li> <li>chopped lettuce and sliced tomatoes with ranch</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>buffalo chicken pizza</li> <li>green peas</li> </ul> <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> <li>chicken taco trio turkey and cheddar sandwich</li> <li>steamed corn</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>cheesy ravioli (vg)</li> <li>chilled, seasoned green beans</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>chicken salad sandwich (df)</li> <li>pinto beans and baby carrots</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>oven roasted chicken sandwich</li> <li>chopped lettuce and sliced tomatoes with ranch</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>(hot) turkey and cheese flatbread sandwich</li> <li>sweet potatoes</li> </ul> <p style="text-align: right;">29</p>

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

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

o Vegetable of the day