

OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Vanilla Concha	Strawberry Yogurt Parfait w/ Cinnamon Granola	Honey Bunches of Oats Cereal w/ Honey Grahams
6	7	8	9	10
Cinnamon Roll	Froot Loops Cereal w/ Giant Cinnamon Grahams	Chocolate Chip Muffin Top	Conchita w/ String Cheese	Mantecada Muffin
13	14	15	16	17
20	21	22	23	24
	Cinnamon Crumble	Cheerios Cereal w/ Honey Grahams	Conchita w/ String Cheese	Cheerios Cereal w/ Honey Grahams
27	28	29	30	31
Fruit & Yogurt Smoothie w/ Granola	Bagel w/ Cream Cheese	Vanilla Concha	Froot Loops Cereal w/ Giant Cinnamon Grahams	

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	100% Fruit Juice 4 oz, Apple (1/2 C), Apple Slices (1/2 C), Pear (1/2 C), Banana (1/2 C), Plum (1/2 C), Applesauce Cup (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards 

OCTOBER LUNCH



Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Italian Turkey Trio on Hoagie w/ Baby Carrots		P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots		Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	
6		7		8		9		10	
Turkey & Cheese Sub Sandwich		Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn		Cheese Pizza Kit		Chicken Salad & Cheese Cracker Kit w/ Baby Carrots		Chicken Caesar Salad with Dinner Roll & Croutons	
13		14		15		16		17	
20		21		22		23		24	
		Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn		Italian Turkey Trio on Hoagie w/ Baby Carrots		P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots		Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	
27		28		29		30		31	
Turkey & Cheese Sub Sandwich		Mantecada Muffin w/ Yogurt & String Cheese & Tajin Corn		Cheese Pizza Kit		Chicken Salad & Cheese Cracker Kit w/ Baby Carrots			

Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:
Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk or Fat Free Strawberry Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Wednesday: Roasted Kettle Corn Chickpeas Thursday: Baby Carrots (1/2 C) Monday: Fresh Broccoli w/ Ranch (3/4c) Tuesday: Baby Carrots (1/4 C) Friday: Celery Sticks (1/4 C)	Grapes (1/2 C), Banana (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

