

DECEMBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Cinnamon Crumble	Chocolate Chip Muffin Top	Conchita w/ String Cheese	Mantecada Muffin
8	9	10	11	12
Froot Loops Cereal w/ Honey Grahams	Bagel w/ Cream Cheese	Vanilla Concha	Fruit & Yogurt Smoothie w/ Granola	Blueberry Muffin
15	16	17	18	19
Cinnamon Roll	Cinnamon Crumble	Chocolate Chip Muffin Top	Honey Bunches of Oats Cereal w/ Honey Grahams	Froot Loops Cereal w/ Honey Grahams
22	23	24	25	26
29	30	31		

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	Tangerine (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Orange (1/2 C), Dried Cranberries (1/2 C), Applesauce Cup (1/2 C), Pear (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



DECEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn	Southwest Chicken Salad w/ WG Dinner Roll	Southwest Chicken Salad w/ WG Dinner Roll	Asian Chicken Salad w/ WG Crispy Noodles
8	9	10	11	12
Turkey & Cheese Sub Sandwich	P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn	Italian Turkey Trio on Hoagie w/ Baby Carrots	Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots
15	16	17	18	19
Turkey & Cheese Sub Sandwich	P'B&J Sandwich Kit (Seedbutter) w/ Tajin Corn	Cheese Pizza Kit	Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans	Chicken Caesar Salad with Dinner Roll & Croutons
22	23	24	25	26
29	30	31		

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	Tuesday: Baby Carrots (1/4 C) Thursday: Baby Carrots (1/2 C), Celery Sticks (1/2 C) Friday: Celery Sticks (1/4 C), Baby Carrots (1/2 C) Monday: Carrots & Celery (3/4 C) Wednesday: Fresh Broccoli w/ Ranch (3/4c)	Apple (1/2 C), 100% Fruit Juice 4 oz, Tangerine (1/2 C), Apple Slices (1/2 C), Applesauce Cup (1/2 C), Pear (1/2 C), Orange (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

