



# SEPTEMBER

## 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 a carton of low-fat or non-fat milk with breakfast!



## MONDAY

- 2
- corn chex & giant cinnamon graham goldfish (df)
  - yogurt & honey grahams

## TUESDAY

- 3
- cheerios & animal crackers (df)
  - cinnamon "dippendoodle" bar (df)

## WEDNESDAY

- 4
- blueberry bagel & cream cheese
  - cinnamon crumbles

## THURSDAY

- 5
- french toast muffin
  - zee zeess berry apple bar (df)

## FRIDAY

- 6
- cinnamon raisin bagel
  - granola bowl (df)

- 9
- zae omega fruit-filled blackberry bar (df)
  - multi-grain cheerios & educational snacks

- 10
- plain bagel & cream cheese
  - autumn spice muffin

- 11
- cinnamon chex & zae attack strawberry bar
  - turkey cheddar brekwich

- 12
- yogurt & cinnamon grahams
  - mini lemon muffin & string cheese

- 13
- blueberry bagel & cream cheese
  - zee zeess berry apple bar (df)

- 16
- cheerios & animal crackers (df)
  - cinnamon "dippendoodle" bar (df)

- 17
- banana muffin
  - cinnamon chex & educational snacks (v)

- 18
- cinnamon raisin bagel
  - multi-grain cheerios & educational snacks

- 19
- cinnamon crumbles
  - zae omega fruit-filled blackberry bar (df)

- 20
- plain bagel & cream cheese
  - granola bowl (df)

- 23
- zee zeess cinnamon bar (df) (v)
  - corn chex & educational snacks

- 24
- blueberry bagel & cream cheese
  - yogurt & granola

- 25
- autumn spice muffin
  - zee zeess berry apple bar (df)

- 26
- multi-grain cheerios & educational snacks
  - bagel & cheese sandwich

- 27
- cheerios & animal crackers (df)
  - banana muffin

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

Chief reserves the right to change menu for seasonality and new menu innovation.

**revolution** foods.

This institution is an equal opportunity provider.

# SEPTEMBER LUNCH

## DID YOU KNOW?

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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

Chef reserves the right to change menu for seasonality and new menu innovation.

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### MONDAY

- 2** • pancakes with maple turkey sausage & omelet

- five cheese lasagna (V)
- ham & cheese sandwich
- bbq chicken wrap
- dairy free by request: chicken salad sandwich
- green peas

- 9** • chicken bites
- oven roasted chicken sandwich (df)
  - southwest veggie wrap (V)
  - ham & cheese sandwich
  - steamed corn

- 16** • crispy chicken sandwich (df)
- grilled orange chicken (df)
  - southwest veggie wrap (V)
  - ham & cheese sandwich
  - lemon pepper corn

- 23** • five cheese lasagna (V)
- oven roasted chicken sandwich (df)
  - turkey & cheddar sandwich
  - southwest veggie wrap (V)
  - sliced cucumber

- 30** • chicken bites
- cheesy ravioli (V)
  - ham & cheese sandwich
  - southwest veggie wrap (V)
  - dairy free by request: chicken salad sandwich
  - green peas

### TUESDAY

- 3** • crispy chicken sandwich (df)

- shredded bbq chicken plate
- sesame chicken salad
- southwest veggie wrap (V)
- sliced cucumber

- 10** • chorizo & cheese "egg" (egg & bagel sandwich)
- spaghetti & meatballs (df)
  - chicken caesar wrap (df)
  - cheddar cheese sandwich (V)
  - black beans, edamame, corn & diced carrots

- 17** • creamy chicken alfredo
- bean & cheese pupusa (V)
  - chicken pesto pasta salad
  - mighty meaty deli combo sandwich
  - dairy free by request: chicken salad sandwich
  - garbanzo, edamame, & shredded carrots

- 24** • greek meatball flatbread (df)
- cheese enchilada plate (V)
  - honey mustard chicken wrap
  - mighty meaty deli combo sandwich
  - baby carrots & warm pinto beans

### WEDNESDAY

- 4** • cheesy ravioli (V)

- chicken taco trio
- sunny sandwich kit
- chicken pesto pasta salad
- dairy free by request: egg salad sandwich
- garbanzo, edamame, & shredded carrots

- 11** • green chile & cheese tamale (V)
- pepperoni pizza
  - mighty meaty deli combo sandwich
  - chicken salad sandwich (df)
  - baby carrots with ranch

- 18** • beef cheeseburger
- chicken taco trio
  - sesame chicken salad
  - cheddar cheese sandwich (V)
  - blanched broccoli with ranch (chilled)

- 25** • cheese pizza (V)
- bbq beef slider
  - sunny sandwich kit
  - bbq chicken wrap
  - dairy free by request: chicken salad sandwich
  - green peas

### THURSDAY

- 5** • cheese pizza (V)

- chili citrus drumstick & rice
- turkey & cheddar sandwich
- chicken salad sandwich (df)
- blanched broccoli with ranch (chilled)

- 12** • cheesy beef & salsa nacho dip with scoops
- meatless "sausage" calzoni (V)
  - sunny sandwich kit
  - bbq chicken wrap
  - dairy free by request: chicken salad sandwich
  - lemon pepper green beans

- 19** • chicken enchilada plate
- cheesy ravioli (V)
  - honey mustard chicken wrap
  - chicken salad sandwich (df)
  - sliced cucumber

- 26** • pancakes & omelet (V)
- chicken potstickers with not-so-fried rice
  - garden ranch salad with chicken
  - egg salad sandwich (V) (df)
  - glazed carrots

### FRIDAY

- 6** • beef cheeseburger

- garbanzo greek flatbread
- buffalo chicken wrap
- mighty meaty deli combo sandwich
- dairy free by request: chicken salad sandwich
- glazed carrots

- 13** • the revolution dog (df)
- cheesy pizza bite meal (V)
  - veggie chef's salad (V)
  - egg salad sandwich (V) (df)
  - lettuce & tomatoes

- 20** • pepperoni pizza
- mac & cheese and chicken bites
  - egg salad sandwich (df)
  - garden ranch salad with chicken
  - glazed carrots

- 27** • the revolution dog (df)
- red chile chicken tamale
  - chicken caesar salad
  - cheddar cheese sandwich (V)
  - lettuce & tomatoes with ranch

# SEPTEMBER SNACK

## 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 \*new\* website at [revolutionfoods.com](http://revolutionfoods.com)!

**Snack:** fresh fruit available daily except when Sunbutter, string cheese or juice is served.

Chef reserves the right to change menu for seasonality and new menu innovation.

**revolution** foods.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <ul style="list-style-type: none"> <li>• ranch "numbles" seven grain crackers</li> <li>• hot &amp; spicy goldfish cheese crackers with 100% fruit juice</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• honey wheat crackers</li> <li>• sunflower seeds</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• goldfish colors cheese crackers</li> <li>• cinnamon grahams</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• cinnamon "numbles" seven grain crackers</li> <li>• educational snacks with 100% fruit juice</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• giant cinnamon goldfish grahams</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>• cheddar goldfish with 100% fruit juice</li> <li>• honey grahams</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• honey wheat crackers</li> <li>• zao attack strawberry fruit-filled bar</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• animal crackers with string cheese</li> <li>• hot &amp; spicy goldfish cheese crackers</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• cinnamon grahams</li> <li>• blazin' hot sunflower seeds with 100% fruit juice</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• cinnamon "numbles" seven grain crackers</li> <li>• goldfish colors cheese crackers</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>• ranch "numbles" seven grain crackers with 100% fruit juice</li> <li>• educational snacks with string cheese</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• honey grahams</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• strawberry or strawberry-banana yogurt</li> <li>• cinnamon "dipperdoodle" bar with string cheese</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• honey wheat crackers</li> <li>• animal crackers with juice</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• pizza crackers</li> <li>• goldfish colors cheese crackers with string cheese</li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>• giant cinnamon goldfish grahams with 100% fruit juice</li> <li>• sunflower seeds</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• pizza crackers</li> <li>• honey wheat crackers with string cheese</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• honey grahams</li> <li>• cinnamon "numbles" seven grain crackers</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• pretzel goldfish with 100% fruit juice</li> <li>• zao attack apple fruit-filled bar</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• educational snacks with sunbutter</li> <li>• animal crackers with fruit</li> </ul>
<p><b>30</b></p> <ul style="list-style-type: none"> <li>• ranch "numbles" seven grain crackers</li> <li>• hot &amp; spicy goldfish cheese crackers with 100% fruit juice</li> </ul>				

# SEPTEMBER FIELD TRIP

## DID YOU

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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2	<ul style="list-style-type: none"> <li>turkey and cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	3	<ul style="list-style-type: none"> <li>ham &amp; cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	4	<ul style="list-style-type: none"> <li>chicken salad sandwich (df)</li> <li>cheese sandwich (v)</li> </ul>	5	<ul style="list-style-type: none"> <li>mighty meaty deli combo sandwich</li> <li>cheese sandwich (v)</li> </ul>	6	<ul style="list-style-type: none"> <li>ham &amp; cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>
9	<ul style="list-style-type: none"> <li>ham &amp; cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	10	<ul style="list-style-type: none"> <li>chicken salad sandwich (df)</li> <li>cheese sandwich (v)</li> </ul>	11	<ul style="list-style-type: none"> <li>turkey and cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	12	<ul style="list-style-type: none"> <li>mighty meaty deli combo sandwich</li> <li>cheese sandwich (v)</li> </ul>	13	<ul style="list-style-type: none"> <li>chicken salad sandwich (df)</li> <li>cheese sandwich (v)</li> </ul>
16	<ul style="list-style-type: none"> <li>chicken salad sandwich (df)</li> <li>cheese sandwich (v)</li> </ul>	17	<ul style="list-style-type: none"> <li>ham &amp; cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	18	<ul style="list-style-type: none"> <li>mighty meaty deli combo sandwich</li> <li>cheese sandwich (v)</li> </ul>	19	<ul style="list-style-type: none"> <li>turkey and cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	20	<ul style="list-style-type: none"> <li>chicken salad sandwich (df)</li> <li>cheese sandwich (v)</li> </ul>
23	<ul style="list-style-type: none"> <li>ham &amp; cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	24	<ul style="list-style-type: none"> <li>mighty meaty deli combo sandwich</li> <li>cheese sandwich (v)</li> </ul>	25	<ul style="list-style-type: none"> <li>turkey and cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>	26	<ul style="list-style-type: none"> <li>chicken salad sandwich (df)</li> <li>cheese sandwich (v)</li> </ul>	27	<ul style="list-style-type: none"> <li>ham &amp; cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>
30	<ul style="list-style-type: none"> <li>turkey and cheese sandwich</li> <li>cheese sandwich (v)</li> </ul>								

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