

# SEPTEMBER LUNCH

## 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](http://revolutionfoods.com)!

**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

## 3

## 4

- bbq chicken with cheesy rice
- iltalian calzoni (vg)
- honey mustard chicken wrap
- chicken salad sandwich (df option by request)
  - o green beans

## 5

- cheesy ravioli (vg)
- kickin' chicken melt
- turkey & cheddar sandwich
- chicken salad sandwich (df option by request)
  - o pinto beans & broccoli

## 6

- chicken taco trio
- pepperjack cheeseburger
- cheddar cheese sandwich
- chicken salad sandwich (df option by request)
  - o lettuce & tomatoes with ranch

## 7

- chicken potstickers (df)
- cheese pizza (v)
- bbq chicken wrap
- chicken salad sandwich (v)(df)
  - o sweet potatoes

## 10

- chicken bites with bbq bean sauce
- cheesy chicken quesadilla
- sunny sandwich kit (sunbutter & jelly) (v)
  - o Steamed corn

## 11

- bfast for lunch: pancakes & omelet
- chicken teriyaki (df)
- sesame chicken wrap (df)
  - o glazed carrots

## 12

- mac & cheese and chicken bites
- cheesy pizza bites (vg)
- chicken salad sandwich (df)
  - o seasoned garbanzo beans & grape tomatoes

## 13

- bean & cheese pupusa
- oven roasted chicken sandwich (df)
- bbq chicken wrap
  - o broccoli with ranch

## 14

- creamy tomato chicken curry
- spaghetti & meatballs
- turkey & cheddar sandwich
- Chicken salad sandwich (df option by request)
  - o cucumber & tomato salad

## 17

- beef cheeseburger
- oven roasted chicken sandwich (df)
- sunny sandwich kit (sunbutter & jelly) (v)
  - o seasoned green beans with ranch

## 18

- chicken & pork andouille gumbo
- rainbow veggie pizza
- mighty meaty deli combo sandwich
- sesame chicken wrap (df)
  - o sweet potatoes

## 19

- bbq beef flatbread melt
- chicken bites
- hummus dippers (v)
- chicken salad sandwich (df option by request)
  - o edamame and baby carrots

## 20

- red chile chicken tamale
- cheesy ravioli
- honey mustard chicken wrap
  - o broccoli & carrot salad

## 21

- general tso's chicken
- chicken taco trio
- southwest veggie wrap
  - o green peas

## 24

- cheesy pizza bites (vg)
- oven roasted chicken salad sandwich
- chicken salad sandwich (df)
  - o steamed corn

## 25

- chicken bites with bbq bean sauce
- cheesy chicken quesadilla
- cheddar cheese sandwich
  - o sweet potatoes

## 26

- pasta with zesty beef
- cheese enchilada plate (v)
- egg salad sandwich (df)(vg)
  - o edamame & grape tomatoes

## 27

- buffalo chicken "crunchadilla"
- pepperjack cheeseburger
- Southwest veggie wrap (vg)
- Chicken salad sandwich (df option by request)
  - o lettuce and sliced tomatoes with ranch

## 28

- five cheese lasagna (v)
- Cheese pizza (v)
- bbq chicken wrap
- chicken salad sandwich (df option by request)
  - o chilled, seasoned green beans