

# OCTOBER

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Cheese Enchiladas (VG)</li> <li>Chicken Pesto Pasta Salad</li> <li>Cheddar Cheese Sandwich (VG)</li> <li>Green Peas</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Breakfast for Lunch: Pancakes w/ Omelet (VG)</li> <li>Chili Citrus Drumstick with Rice (DF)</li> <li>Green Beans with Caramelized Onions</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Ranchero Chicken Con Queso Rice Bake</li> <li>Crispy Chicken Sandwich (DF)</li> <li>Veggie Chef's Salad (VG)</li> <li>Kidney Beans, Edamame, Carrot, Corn</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Sloppy Joe (DF)</li> <li>Garden Ranch Salad with Chicken Breast</li> <li>Southwest Veggie Wrap [(VG)</li> <li>Romaine, Carrot, and Side Salad with RANCH</li> </ul>
<p><b>7</b></p> <ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Mumbo Grilled Chicken Bites (DF)</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly with Sliced Bread)(VG)</li> <li>Chillin' Chinese Chicken Noodles</li> <li>Garbanzo, Edamame, &amp; Shredded Carrots</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Penne Pasta with Meat Sauce (DF)</li> <li>Bean and Cheese Quesadilla (VG)</li> <li>Mighty Meaty Deli Combo Sandwich</li> <li>Honey Mustard Chicken Wrap</li> <li>Savory Sweet Potatoes</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Hot Meatball Sub</li> <li>Mama's Tamale (DF)</li> <li>BBQ Chicken Wrap</li> <li>Cheddar Cheese Sandwich (VG)</li> <li>Green Peas &amp; Kale Salad</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Creamy Chicken Alfredo</li> <li>Cheese Pizza Panada (VG)</li> <li>Sesame Chicken Salad</li> <li>Chicken Salad Sandwich (DF)</li> <li>Sliced Cucumber</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Flame Broiled Beef Cheeseburger</li> <li>Chicken Caesar Salad</li> <li>Turkey and Cheddar Sandwich</li> <li>Romaine, Carrot, and Side Salad with RANCH</li> </ul>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Breakfast for Lunch: Pancakes w/ Maple Turkey Sausage &amp; Omelet</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly with Sliced Bread) (VG)</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>South West Veggie Wrap (VG)</li> <li>Chicken Pesto Pasta Salad</li> <li>Southwest Veggie Wrap (VG)</li> <li>Lemon pepper com</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Mumbo Grilled Chicken Bites</li> <li>Pepper Jack Cheeseburger</li> <li>Buffalo Chicken Wrap</li> <li>Cheddar Cheese Sandwich (VG)</li> <li>Green Beans with Caramelized Onions</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites</li> <li>Pasta with Zesty Beef</li> <li>Veggie Chef's Salad (VG)</li> <li>Chicken Salad Sandwich (DF)</li> <li>Chili Citrus Black Beans &amp; Corn</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Chillin Chinese Noodles (DF)</li> <li>Garden Ranch Salad with Chicken Breast</li> <li>Mini Chicken Corn Dogs</li> </ul>
<p><b>21</b></p> <ul style="list-style-type: none"> <li>Mighty Meaty Deli Combo</li> <li>Baby Carrots</li> <li>Flame Broiled Beef Burger (DF)</li> <li>Mama's Tamale (VG)</li> <li>Turkey and Cheddar Sandwich</li> <li>Honey Mustard Chicken Wrap</li> <li>Pinto Beans &amp; Steamed Corn</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Korean BBQ Beef Bowl (DF)</li> <li>Breakfast for Lunch: Pancakes w/ Omelet (VG)</li> <li>Garden Ranch Salad with Chicken Breast</li> <li>Buffalo Chicken Wrap</li> <li>Savory Sweet Potatoes</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Chicken Taco Trio</li> <li>Mighty Meaty Deli Combo Sandwich</li> <li>Chicken Caesar Wrap</li> <li>Cheese Sandwich (VG)</li> <li>Green Peas</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Classic Spaghetti and Meatballs (DF)</li> <li>Five Cheese Lasagna (VG)</li> <li>Hummus Dippers (VG)</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly with Sliced Bread)(VG)</li> <li>Squash - Yellow</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>Romaine, Carrot, and Side Salad with RANCH</li> <li>Pepperoni Pizza</li> <li>Cheese Pizza (VG)</li> <li>Chicken Potstickers with Not-So-Fried Rice</li> <li>Honey Mustard Salad with Grilled Chicken Bites</li> <li>Chicken Salad Sandwich (DF)</li> <li>Romaine, Carrot, and Side Salad with RANCH</li> </ul>
<p><b>28</b></p> <ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Sloppy Joe (DF)</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly with Sliced Bread)(VG)</li> <li>Mighty Meaty Deli Combo Sandwich</li> <li>Baby Carrots</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>BBQ Chicken Plate</li> <li>Cheesy Ravioli (VG)</li> <li>Sesame Chicken Wrap (DF)</li> <li>Honey Mustard Salad with Grilled Chicken Bites</li> <li>Steamed Corn</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Mumbo Grilled Chicken Bites (DF)</li> <li>Hearty Veggie Chili (VG)</li> <li>Chicken Caesar Wrap</li> <li>Turkey and Cheddar Sandwich</li> <li>lemon pepper green bean</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites</li> <li>Creamy Pasta Alfredo (VG)</li> <li>Chicken Salad Sandwich w/ Carrots (DF)</li> <li>Chicken Pesto Pasta Salad</li> <li>Three Bean Salad &amp; Grape Tomatoes</li> </ul>	

## 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 website at [www.revolutionfoods.com](http://www.revolutionfoods.com)



This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily.

DAIRY-FREE (DF) VEGETARIAN (V) options available daily – if not listed on the menu, available upon request.

VEGETABLE OF THE DAY

STUDENT FAVORITE