

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

- jerk drumstick & pineapple carrot rice
- rainbow veggie pizza
- honey mustard chicken wrap
- turkey & cheddar sandwich
- o green beans

10

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

17

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

24

- the revolution dog (df)
- cheesy pizza bites (v)
- mighty meaty deli combo sandwich
- chicken salad sandwich (df)
- o steamed corn

TUESDAY

4

- jerk drumstick & pineapple carrot rice
- rainbow veggie pizza
- honey mustard chicken wrap
- turkey & cheddar sandwich
- o green beans

11

- bfast for lunch: pancakes & omelet (v)
- chicken teriyaki (df)
- mighty meaty deli combo sandwich
- sesame chicken wrap (df)
- o glazed carrots

18

- chicken & pork andouille gumbo
- rainbow veggie pizza (v)
- turkey & cheddar sandwich
- sesame chicken wrap (df)
- o sweet potatoes

25

- chicken bites with bbq bean sauce
- chili citrus drumstick & rice
- chicken caesar wrap
- cheddar cheese sandwich (v)
- o sweet potatoes

WEDNESDAY

5

- cheesy ravioli (vg)
- kickin' chicken melt
- chillin' Chinese chicken noodles
- sunny sandwich kit (sunbutter & jelly) (v)
- o pinto beans & broccoli

12

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

19

- bbq beef flatbread melt
- chicken bites
- hummus dippers (v)
- mighty meaty deli combo sandwich
- o edamame and baby carrots

26

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

THURSDAY

6

- chicken taco trio
- fiesta scoops & three layer dip (v)
- chicken caesar salad
- chicken salad sandwich (df)
- o lettuce & tomatoes with ranch

13

- bean & cheese pupusa (v)
- the revolution dog (df)
- garden ranch salad with chicken
- bbq chicken wrap
- o broccoli with ranch

20

- red chile chicken tamale
- cheesy ravioli (v)
- chicken "pizza party" salad
- honey mustard chicken wrap
- o broccoli & carrot salad

27

- buffalo chicken "crunchadilla"
- pepperjack cheeseburger
- veggie taco salad (v)
- sesame chicken wrap
- o lettuce and sliced tomatoes with ranch

FRIDAY

7

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

14

- creamy tomato chicken curry
- spaghetti & meatballs
- taco dipper kit (v)
- turkey & cheddar sandwich
- o cucumber & tomato salad

21

- general tso's chicken
- chicken taco trio
- honey mustard salad with chicken bites
- southwest veggie wrap (v)
- o green peas

28

- five cheese lasagna (v)
- bfast for lunch: pancakes & chicken sausage
- chillin' Chinese chicken noodles
- bbq chicken wrap
- o chilled, seasoned green beans