OCTOBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheese Tamale w/ Black Beans	2 Cheese Pizza Pepperoni Pizza
5 Chicken Bites w/ Mashed Potatoes & Pretzels Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	6 Cheese Lasagna w/ Marinara & Wheat Crackers Beef & Cheese Taco Stick w/ Baby Carrots	7 Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels Chicken Alfredo Pasta w/ Seasoned Peas	8 Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans	9
12	13 Parm Pizza Bites w/ Marinara Dipping Sauce Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars	14 Chicken Dumplings w/ Mixed Veggies	15 BBQ Chicken w/ Baked Beans & Dinner Roll Turkey & Cheese Sandwich w/ Roasted Fava Beans	16 Cheese Pizza Chicken Caesar Salad with Dinner Roll & Croutons
19 Cheeseburger w/ Oven Baked Fries	20 Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots	21 Grilled Cheese Sandwich w/ Baby Carrots Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	22 Cheese Tamale w/ Black Beans Turkey Nachos w/ Refried Beans & Tortilla Chips	23 Pepperoni Pizza Turkey & Cheese Sub Sandwich
26 Chicken Bites w/ Mashed Potatoes & Pretzels Turkey & Cheese Sandwich on Pretzel Bun w/ Tajin Corn	27 Cheese Lasagna w/ Marinara & Wheat Crackers Beef & Cheese Taco Stick w/ Baby Carrots	28 Bean & Cheese Pupusa w/ Curtido Salad Chicken Alfredo Pasta w/ Seasoned Peas	29 Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans	30 Cheese Pizza Crispy Chicken Sandwich

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 Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Friday: Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Thursday: Jicama Slices (1/2 C) Monday: Baby Carrots (1/2 C) Tuesday: Celery Sticks (1/2 C) Wednesday: Cucumber Slices (1/2 C) w/ Tajin	Apple (1/2 C), Nectarine (1/2 C), Pear (1/2 C), Peach (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C), Banana (1/2 C), Apple Slices (1/2 C),, Persimmon (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

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