

OCTOBER LUNCH TK= 1



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Lasagna w/ Marinara	2 NEW! Sesame Beef Bowl w/ Broccoli	3 Turkey Nachos w/ Refried Beans & Poptillas	4 Pepperoni Pizza
7 Hamburger w/ Oven Baked Fries	8 Chicken Bites w/ Mashed Potatoes	9 NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots	10 NO SCHOOL FOR STUDENTS	11 NO SCHOOL FOR STUDENTS
14 NO SCHOOL FOR STUDENTS	15 Turkey & Cheese Sub Sandwich w/ Baby Carrots	16 NEW! Chicken Caesar Salad with Dinner Roll & Croutons	17 Turkey Nachos w/ Refried Beans & Poptillas	18 Pepperoni Pizza
21 Hamburger w/ Oven Baked Fries	22 Chicken Bites w/ Mashed Potatoes	23 SEASONAL SPECIAL! Chicken Tikka Masala w/ Rice, Peas & Dinner Roll	24 New! BBQ Chicken w/ Baked Beans & Dinner Roll	25 Cheese Pizza
28 Cheeseburger w/ Oven Baked Fries	29 Turkey & Cheese Sub Sandwich w/ Baby Carrots	30 NEW! Sesame Beef Bowl w/ Broccoli	31 Chicken Tamale w/ Pinto Beans	

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	Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Chickpeas Thursday:Cucumber Slices (1/4 C) w/ Tajin Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Monday:Baby Carrots (1/4 C),Side of Oven Baked Fries (1/2 C)	Grapes (1/2 C),Banana (1/2 C),Plum (1/2 C),100% Fruit Juice 4 oz	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

