

October Breakfast

West Mend



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Cinnamon Chex Cereal w/ Honey Grahams Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal	Apple Jacks Cereal w/ Honey Grahams Blueberry Muffin Maple Beef Sausage & Pancake Sandwich	Cinnamon Roll Froot Loops Cereal w/ Honey Grahams Egg & Cheese Empanada
7	8	9	10	11
Cinnamon Crumble Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Pancakes w/ Syrup Bagel w/ Cream Cheese	Banana Bread Cheerios Cereal w/ Honey Grahams	Breakfast Burrito Frosted Flakes Cereal w/ Honey Grahams	Conchita w/ String Cheese Waffle w/ Syrup
14	15	16	17	18
French Toast Sticks w/ Syrup Halloween Concha (Orange-Colored)	Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams	Chocolate Chip Muffin Top Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Cinnamon Roll Froot Loops Cereal w/ Honey Grahams
21	22	23	24	25
Cinnamon Crumble Froot Loops Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Yogurt w/ Honey Grahams Pancakes w/ Syrup	Banana Bread Cheerios Cereal w/ Honey Grahams	Sweet Potato Sunrise Muffin Cinnamon Chex Cereal w/ Honey Grahams	NO SCHOOL
28	29	30	31	
Cheerios Cereal w/ Honey Grahams Vanilla Concha	Mantecada Muffin Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams	Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich Halloween Concha (Orange-Colored)	

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of Fat Free White Milk or 1% Low Fat White Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams	100% Fruit Juice 4 oz, Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), Banana (1/2 C), Dried Cranberries (1/2 C), Orange (1/2 C), Applesauce Cup (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



This institution is an equal opportunity provider. Menus are subject to change without notice.

October Breakfast

East Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Cinnamon Chex Cereal w/ Honey Grahams Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal	Apple Jacks Cereal w/ Honey Grahams Maple Sausage & Pancake Sandwich	Cinnamon Roll Egg & Cheese Empanada
7	8	9	10	11
Cinnamon Crumble Egg & Cheese English Muffin Sandwich	Pancakes w/ Syrup Bagel w/ Cream Cheese	Banana Bread Cheerios Cereal w/ Honey Grahams	Breakfast Burrito Frosted Flakes Cereal w/ Honey Grahams	Apple Jacks Cereal w/ Honey Grahams Waffle w/ Syrup
14	15	16	17	18
French Toast Sticks w/ Syrup Halloween Concha (Orange-Colored)	Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams	Chocolate Chip Muffin Top Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Cinnamon Roll Froot Loops Cereal w/ Honey Grahams Egg & Cheese Empanada
21	22	23	24	25
Cinnamon Crumble Froot Loops Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Yogurt w/ Honey Grahams Pancakes w/ Syrup	Banana Bread Cheerios Cereal w/ Honey Grahams	Sweet Potato Sunrise Muffin Cinnamon Chex Cereal w/ Honey Grahams	NO SCHOOL
28	29	30	31	
Cheerios Cereal w/ Honey Grahams Vanilla Concha	Mantecada Muffin Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams	Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich Halloween Concha (Orange-Colored)	
Breakfast Includes:	Featured Fruit:		RevUp Rewards:	
Choice of Fat Free White Milk or 1% Low Fat White Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams	100% Fruit Juice 4 oz, Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), Banana (1/2 C), Dried Cranberries (1/2 C), Orange (1/2 C), Applesauce Cup (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	



October Lunch West Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Cheese Lasagna w/ Marinara	Chicken Salad Sandwich w/ Baby Carrots 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots Sesame Beef Bowl w/ Broccoli	Turkey Nachos w/ Refried Beans & Poptilla Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
7	8	9	10	11
Hot Dog w/ Oven Baked Fries Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Italian Turkey Trio on Cheesy Foccacia w/ Baby Carrots Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots	Mexican Chicken Salad w/ Romaine Lettuce & Poptillas Turkey & Cheese Cracker Kit w/ Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll Southwest Chicken Salad w/ WG Dinner Roll	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
14	15	16	17	18
Cheeseburger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich Soy Veggie Burger w/ Roasted Potatoes	Hummus, Flatbread & Egg Kit w/ Baby Carrots New! Penne & Meat Sauce w/ Diced Carrots	'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots Chicken Caesar Salad with Dinner Roll & Croutons	Turkey Nachos w/ Refried Beans & Poptillas Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
21	22	23	24	25
Hot Dog w/ Oven Baked Fries NEW! Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Chicken Bites w/ Mashed Potatoes Cheese Pizza Kit	Mexican Chicken Salad w/ Romaine Lettuce & Poptillas Turkey & Cheese Cracker Kit w/ Baby Carrots	Southwest Chicken Salad w/ WG Dinner Roll Bean & Cheese Pizza Kit	NO SCHOOL
28	29	30	31	
Chicken Patty Burger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich	Hummus, Flatbread & Egg Kit w/ Baby Carrots Cheese Lasagna w/ Marinara	Chicken Salad Sandwich w/ Baby Carrots NEW! 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice	
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	



October Lunch East Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Turkey & Cheese Sub Sandwich w/ Baby Carrots Cheese Lasagna w/ Marinara	Chicken Salad Sandwich w/ Baby Carrots 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Poptillas Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
7	8	9	10	11
Hot Dog w/ Oven Baked Fries	Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots	Mexican Chicken Salad w/ Romaine Lettuce & Poptillas Turkey & Cheese Cracker Kit w/ Baby Carrots	BBQ Chicken w/ Baked Beans & Dinner Roll Southwest Chicken Salad w/ WG Dinner Roll	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
14	15	16	17	18
Cheeseburger w/ Oven Baked Fries Chicken Patty Burger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich	Hummus, Flatbread & Egg Kit w/ Baby Carrots Penne & Meat Sauce w/ Diced Carrots	Chicken Salad Sandwich w/ Baby Carrots 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots Chicken Caesar Salad with Dinner Roll & Croutons	Turkey Nachos w/ Refried Beans & Poptillas Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice
21	22	23	24	25
Hamburger w/ Oven Baked Fries Turkey & Cheese Knot Sandwich w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	Chicken Bites w/ Mashed Potatoes Cheese Pizza Kit	Mexican Chicken Salad w/ Romaine Lettuce & Poptillas Turkey & Cheese Cracker Kit w/ Baby Carrots	NEW! Southwest Chicken Salad w/ WG Dinner Roll NEW! Bean & Cheese Pizza Kit	NO SCHOOL
28	29	30	31	
Cheeseburger w/ Oven Baked Fries Chicken Patty Burger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich Soy Veggie Burger w/ Roasted Potatoes	Hummus, Flatbread & Egg Kit w/ Baby Carrots Cheese Lasagna w/ Marinara	Chicken Salad Sandwich w/ Baby Carrots 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice	
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, Roasted Fava Beans 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	

