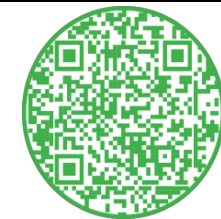


# NOVEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pepperoni Pizza NEW! Beef & Cheese Taco Stick Bean & Cheese Burrito
4	5	6	7	8
Hamburger w/ Oven Baked Fries NEW! Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	NEW! Italian Turkey Trio on Cheesy Foccacia w/ Baby Carrots Cheese Pizza Kit NEW! Sweet Chili Meatballs w/ Not So Fried Rice & Broccoli	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels NEW! Mac & Cheese w/ Peas & Dinner Roll	NEW! BBQ Chicken w/ Baked Beans & Dinner Roll NEW! Queso Blanco Chicken Bowl w/ Rice & Pinto Beans NEW! Southwest Chicken Salad w/ WG Dinner Roll	Beef, Bean & Cheese Burrito Cheese Pizza Wowbutter (Soybutter) & Jelly Sandwich
11	12	13	14	15
	Grilled Cheese Sandwich w/ Baby Carrots Cheeseburger w/ Oven Baked Fries	NEW! Chicken Caesar Salad with Dinner Roll & Croutons NEW! Holiday Meal- Turkey & Gravy w/ Mashed Potatoes & Dinner Roll Chicken Bites w/ Mashed Potatoes & Pretzel Crackers	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Tostitos Chips	Pepperoni Pizza Grilled Cheese Sandwich Bean & Cheese Burrito
18	19	20	21	22
Hamburger w/ Oven Baked Fries NEW! Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	NEW! Italian Turkey Trio on Cheesy Foccacia w/ Baby Carrots Cheese Pizza Kit New! Penne & Meat Sauce w/ Diced Carrots & Dinner Roll	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels NEW! Bean & Cheese Pupusa w/ Curtido Salad	NEW! BBQ Chicken w/ Baked Beans & Dinner Roll NEW! Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	Beef, Bean & Cheese Burrito Cheese Pizza Wowbutter (Soybutter) & Jelly Sandwich
25	26	27	28	29

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	Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Monday:Side of Oven Baked Fries (1/2 C),Baby Carrots (1/2 C) Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Fava Beans,Baby Carrots (1/2 C) Thursday:Celery Sticks (1/2	Banana (1/2 C),Apple (1/2 C),100% Fruit Juice 4 oz,Grapes (1/2 C),Orange (1/2 C),Pear (1/2 C),Tangerine (1/2 C)	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>



# NOVEMBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Goldfish Pretzels & Fruit
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Giant Cinnamon Grahams & Fruit	Chili Lime Rings & Fruit Pizza Crackers & Fruit	Cinnamon Granola & Fruit	NEW! Hummus w/ Wheat Crackers Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Goldfish Cheddar & Fruit
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Cheese Stick & Fruit	Sunflower Seeds & Fruit Pizza Crackers & Fruit	Goldfish Pretzels & Fruit
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Ranch Crackers & Fruit Giant Cinnamon Grahams & Fruit	Pizza Crackers & Fruit	Cinnamon Granola & Fruit	Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Goldfish Cheddar & Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

### Snack Includes:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable  
 Fruit Rotation: Apple (3/4 Cup), 100% Fruit Juice 6 oz, Pear (3/4 Cup)  
 \*All fruits meet 3/4 cup equivalent

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