

OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Turkey & Cheese Sub Sandwich w/ Baby Carrots Cheese Lasagna w/ Marinara & Wheat Crackers	NEW! Sesame Beef Bowl w/ Broccoli NEW! Bean & Cheese Pupusa w/ Curtido Salad Chicken Salad Sandwich w/ Baby Carrots	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Poptillas NEW! Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Pepperoni Pizza NEW! Beef & Cheese Taco Stick Bean & Cheese Burrito
7	8	9	10	11
Hamburger w/ Oven Baked Fries NEW! Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Chicken Bites w/ Mashed Potatoes & Pretzel Crackers NEW! Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels NEW! Turkey & Cheese Cracker Kit w/ Baby Carrots	NEW! BBQ Chicken w/ Baked Beans & Dinner Roll NEW! Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	
14	15	16	17	18
Cheeseburger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich	NEW! Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Turkey & Cheese Sub Sandwich w/ Baby Carrots Cheese Lasagna w/ Marinara & Wheat	NEW! Chicken Caesar Salad with Dinner Roll & Croutons NEW! Bean & Cheese Pupusa w/ Curtido Salad NEW! Orange Chicken & Not So Fried Rice	Turkey Nachos w/ Refried Beans & Poptillas Chicken Tamale w/ Pinto Beans	Pepperoni Pizza Grilled Cheese Sandwich Bean & Cheese Burrito
21	22	23	24	25
Hamburger w/ Oven Baked Fries NEW! Turkey & Cheese Knot Sandwich w/ Oven Baked Fries	Chicken Bites w/ Mashed Potatoes & Pretzel Crackers NEW! Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots & Goldfish Pretzels SEASONAL SPECIAL! Chicken Tikka Masala w/ Rice, Peas & Dinner Roll	NEW! BBQ Chicken w/ Baked Beans & Dinner Roll NEW! Queso Blanco Chicken Bowl w/ Rice & Pinto Beans	Beef, Bean & Cheese Burrito Cheese Pizza
28	29	30	31	
Chicken Patty Burger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich	Turkey & Cheese Sub Sandwich w/ Baby Carrots Cheese Lasagna w/ Marinara & Wheat Crackers	NEW! Sesame Beef Bowl w/ Broccoli NEW! Bean & Cheese Pupusa w/ Curtido Salad Chicken Salad Sandwich w/ Baby Carrots	Turkey Nachos w/ Refried Beans & Poptillas 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 Fava Beans Thursday:Cucumber Slices (1/2 C) w/ Tajin Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch & Roll (1 C) Monday:Side of Oven Baked Fries (1/2	Grapes (1/2 C),Banana (1/2 C),Apple (1/2 C),Plum (1/2 C),Pear (1/2 C),Watermelon (25 servings per tray),100% Fruit Juice 4 oz,Orange (1/2 C),Cantaloupe (30 servings per tray)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

