

SEPTEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots Yogurt w/ String Cheese, Granola & Baby Carrots	Parm Pizza Bites w/ Marinara Dipping Sauce Chicken Dumplings w/ Mixed Veggies Cheese Pizza Kit	Turkey Nachos w/ Refried Beans & Tortilla Chips	Cheese Pizza Pepperoni Pizza Turkey & Cheese Sub Sandwich
7	8	9	10	11
		Chicken Bites w/ Corn & Pretzel Crackers Grilled Cheese Sandwich w/ Baby Carrots Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	Cheese Tamale w/ Black Beans Bean & Cheese Pupusa w/ Pinto Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Pepperoni Pizza Bean & Cheese Burrito
14	15	16	17	18
Crispy Chicken Sandwich w/ Oven Baked Fries Turkey & Cheese Sub Sandwich w/ Tajin Corn	Parm Pizza Bites w/ Marinara Dipping Sauce Beef & Cheese Taco Stick w/ Baby Carrots	Bean & Cheese Burrito w/ Baby Carrots Hot Dog w/ Oven Baked Fries Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels	Grilled Cheese Sandwich w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans Turkey & Cheese Sandwich w/ Roasted Fava Beans	Cheese Pizza Pepperoni Pizza Chicken Caesar Salad with Dinner Roll & Croutons
21	22	23	24	25
Bean Burrito Bowl w/ Rice & Corn Chicken Bites w/ Oven Bakes Fries & Pretzels Turkey & Cheese Sub Sandwich w/ Tajin Corn	Penne & Meat Sauce Bean & Cheese Burrito w/ Baby Carrots Chicken Salad Sandwich w/ Baby Carrots	Parm Pizza Bites w/ Marinara Dipping Sauce Chicken Dumplings w/ Mixed Veggies Cheese Pizza Kit	Turkey Nachos w/ Refried Beans & Tortilla Chips BBQ Chicken w/ Baked Beans & Dinner Roll	Cheese Pizza Pepperoni Pizza
28	29	30		
Cheeseburger w/ Oven Baked Fries Turkey & Cheese Sub Sandwich w/ Tajin Corn	Mac & Cheese w/ Diced Carrots & Dinner Roll Pineapple Teriyaki Chicken w/ Rice & Diced Carrots & Goldfish Cheddars Italian Turkey Trio on Hoagie w/ Baby Carrots	Chicken Bites w/ Corn & Pretzel Crackers Firecracker Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas		
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	Tuesday: Celery Sticks (1/2 C) Wednesday: Cucumber Slices (1/2 C) w/ Tajin Thursday: Jicama Slices (1/2 C) Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch & Roll (1 C) Monday: Baby Carrots (1/2 C)	Apple (1/2 C), Banana (1/2 C), Nectarine (1/2 C), Peach (1/2 C), Pear (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (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	

