

# October Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	NEW! Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Cheese Lasagna w/ Marinara Cheese Lasagna w/ Marinara	NEW! Bean & Cheese Pupusa w/ Curtido Salad Chicken Salad Sandwich w/ Baby Carrots NEW! 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots NEW! Sesame Beef Bowl w/ Broccoli Edamame Teriyaki Bowl w/ Rice & Diced Carrots	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Poptillas NEW! Veggie Chef Salad w/ Egg, Dinner Roll & Ranch NEW! Turkey & Cheese Cracker Kit w/ Roasted Fava Beans Bean Burrito Bowl w/ Rice & Corn	Pepperoni Pizza Egg Salad Sandwich NEW! Beef & Cheese Taco Stick Bean & Cheese Burrito
7	8	9	10	11
Hamburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries NEW! Turkey & Cheese Knot Sandwich w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	Chicken Bites w/ Mashed Potatoes NEW! Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots Cheese Pizza Kit New! Penne & Meat Sauce w/ Diced Carrots Cheese Tamale w/ Black Beans	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots Mexican Chicken Salad w/ Romaine Lettuce & Poptillas NEW! Turkey & Cheese Cracker Kit w/ Baby Carrots Marinara Pasta w/ PlantBorn Crumble & Broccoli SEASONAL SPECIAL! Chicken Tikka Masala w/ Rice & Peas	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 NEW! Bean & Cheese Pizza Kit Taco Bowl w/ PlantBorn Crumble, Rice & Corn	Beef, Bean & Cheese Burrito Cheese Pizza Wowbutter (Soybutter) & Jelly Sandwich
14	15	16	17	18
Cheeseburger w/ Oven Baked Fries Chicken Patty Burger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich Soy Veggie Burger w/ Roasted Potatoes	NEW! Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Cheese Lasagna w/ Marinara New! Penne & Meat Sauce w/ Diced Carrots	NEW! Bean & Cheese Pupusa w/ Curtido Salad Chicken Salad Sandwich w/ Baby Carrots NEW! 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots NEW! Orange Chicken & Not So Fried Rice w/ Diced Carrots NEW! Chicken Caesar Salad with Dinner Roll & Croutons Edamame Teriyaki Bowl w/ Rice & Diced Carrots	Turkey Nachos w/ Refried Beans & Poptillas NEW! Veggie Chef Salad w/ Egg, Dinner Roll & Ranch NEW! Turkey & Cheese Cracker Kit w/ Roasted Fava Beans Bean Burrito Bowl w/ Rice & Corn Chicken Tamale w/ Pinto Beans	Pepperoni Pizza Egg Salad Sandwich Grilled Cheese Sandwich Bean & Cheese Burrito
21	22	23	24	25
Hamburger w/ Oven Baked Fries Hot Dog w/ Oven Baked Fries NEW! Turkey & Cheese Knot Sandwich w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes	Chicken Bites w/ Mashed Potatoes NEW! Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots Cheese Pizza Kit Cheese Tamale w/ Black Beans NEW! Mac & Cheese w/ Peas	NEW! Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots Mexican Chicken Salad w/ Romaine Lettuce & Poptillas NEW! Turkey & Cheese Cracker Kit w/ Baby Carrots Marinara Pasta w/ PlantBorn Crumble & Broccoli SEASONAL SPECIAL! Chicken Tikka Masala w/ Rice & Peas	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 NEW! Bean & Cheese Pizza Kit Taco Bowl w/ PlantBorn Crumble, Rice & Corn	Beef, Bean & Cheese Burrito Cheese Pizza Wowbutter (Soybutter) & Jelly Sandwich
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	NEW! Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Cheese Lasagna w/ Marinara Cheese Lasagna w/ Marinara	NEW! Bean & Cheese Pupusa w/ Curtido Salad Chicken Salad Sandwich w/ Baby Carrots NEW! 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots NEW! Sesame Beef Bowl w/ Broccoli Edamame Teriyaki Bowl w/ Rice & Diced Carrots	Turkey Nachos w/ Refried Beans & Poptillas NEW! Veggie Chef Salad w/ Egg, Dinner Roll & Ranch NEW! Turkey & Cheese Cracker Kit w/ Roasted Fava Beans Bean Burrito Bowl w/ Rice & Corn Chicken Tamale w/ Pinto Beans	
<b>Lunch Includes:</b>	<b>Veg of the Day:</b>	<b>Featured Fruit:</b>	<b>RevUp Rewards:</b>	
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 <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>	

