


JANUARY BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>NEW YEAR'S DAY! 1</p> 	2	3	4
<ul style="list-style-type: none"> • Zac Omega Bar Strawberry (DF) • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • HOT Southwest Chicken Chorizo and Cheese Bagel Sandwich • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • Blueberry Burst Whole Grain Bagel/Cream Cheese • Fresh Fruit • Choice of Milk • Pineapple Juice 	<ul style="list-style-type: none"> • HOT French Toast Sticks (V) • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • Yogurt • Cinnamon Grams • Fresh Fruit • Choice of Milk • Orange Juice
7	8	9	10	11
<ul style="list-style-type: none"> • Multigrain Cheerios • Mini Dipperdoodle Bar (DF) • Fresh Fruit • Choice of Milk • Orange Juice 	<ul style="list-style-type: none"> • HOT Classic Egg and Cheese Brekwich (English Muffin) (V) • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • Breakfast Cinnamon Crumble • Fresh Fruit • Choice of Milk • Pineapple Juice 	<ul style="list-style-type: none"> • HOT French Toast, Maple Turkey Sausage, and Egg Combo • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • Yogurt/Granola • Fresh Fruit • Choice of Milk • Orange Juice
14	15	16	17	18
<ul style="list-style-type: none"> • Dipper Doodle Bar (DF) • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • French Toast Muffin • Fresh Fruit • Choice of Milk • Pineapple Juice 	<ul style="list-style-type: none"> • HOT Pancakes w/ Syrup (V) • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • Zee Zees Cinnamon Crisp Bar(V) (DF) • Fresh Fruit • Choice of Milk • Orange Juice 	<ul style="list-style-type: none"> • String Cheese • Cinnamon Grahams • Fresh Fruit • Choice of Milk • Orange Juice
21	22	23	24	25
	<ul style="list-style-type: none"> • HOT Turkey, Cheddar Cheese, and Omelet Gordita • Fresh Fruits • Choice of Milk 	<ul style="list-style-type: none"> • Blueberry Muffin • Fresh Fruit • Choice of Milk • Pineapple Juice 	<ul style="list-style-type: none"> • HOT Omelet w/ Cheese(V) • Fresh Fruits • Choice of Milk 	
28	29	30	31	
<ul style="list-style-type: none"> • Yogurt/Granola • Fresh Fruit • Choice of Milk • Orange Juice 				

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; two pieces of fresh fruit served daily except when fruit juice is offered.

JANUARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>NEW YEAR'S DAY! 1</p> 	2	3	4
<ul style="list-style-type: none"> • Honey Mustard Chicken Wrap • Fresh Fruit • Choice of Milk ○ Steamed Corn 	<ul style="list-style-type: none"> • Flame Broiled Beef Burger (DF) • Fresh Fruit • Choice of Milk ○ Green Beans 	<ul style="list-style-type: none"> • Rainbow Veggie Pizza (V) • Fresh Fruit • Choice of Milk ○ Edamame ○ Baby Carrots 	<ul style="list-style-type: none"> • The Revolution Hot Dog (DF) • Fresh Fruit • Choice of Milk ○ Steamed Carrots 	<ul style="list-style-type: none"> • Spaghetti Marinara with Mozzarella (V) • Fresh Fruit • Choice of Milk ○ Green Peas
7	8	9	10	11
<ul style="list-style-type: none"> • Popcorn Chicken Bites with BBQ Bean Sauce • Fresh Fruit • Choice of Milk ○ Corn Carrot Peas 	<ul style="list-style-type: none"> • Pepper Jack Cheeseburger • Fresh Fruit • Choice of Milk ○ Glazed Carrots 	<ul style="list-style-type: none"> • Pasta w/ Zesty Beef • Fresh Fruit • Choice of Milk ○ Pinto Beans ○ Baby Carrots 	<ul style="list-style-type: none"> • The Revolution Hot Dog (DF) • Fresh Fruit • Choice of Milk ○ Chopped Lettuce and Sliced Tomatoes w/ranch 	<ul style="list-style-type: none"> • Five Cheese Lasagna (V) • Fresh Fruit • Choice of Milk ○ Glazed Carrots
14	15	16	17	18
<ul style="list-style-type: none"> • Popcorn Chicken Bites with BBQ Bean Sauce • Fresh Fruit • Choice of Milk ○ Corn Carrot Peas 	<ul style="list-style-type: none"> • Pepper Jack Cheeseburger • Fresh Fruit • Choice of Milk ○ Glazed Carrots 	<ul style="list-style-type: none"> • Pasta w/ Zesty Beef • Fresh Fruit • Choice of Milk ○ Pinto Beans ○ Baby Carrots 	<ul style="list-style-type: none"> • Crispy Chicken Sandwich (DF) • Fresh Fruit • Choice of Milk ○ Chopped Lettuce and Sliced Tomatoes w/ranch 	<ul style="list-style-type: none"> • The Revolution Hot Dog (DF) • Fresh Fruit • Choice of Milk ○ Green Beans
	22	23	24	25
<ul style="list-style-type: none"> • Hot Meatball Sub • Fresh Fruit • Choice of Milk ○ Island Glazed Carrots 	<ul style="list-style-type: none"> • Flame Broiled Beef Cheeseburger • Fresh Fruit • Choice of Milk ○ Green Beans 	<ul style="list-style-type: none"> • Buffalo Chicken Pizza • Fresh Fruit • Choice of Milk ○ Green Peas 	<ul style="list-style-type: none"> • Turkey and Cheese Flatbread Sandwich • Fresh Fruit • Choice of Milk ○ Chopped Lettuce and Sliced Tomatoes w/ranch 	<ul style="list-style-type: none"> • Classic Spaghetti and Meatballs (DF) • Fresh Fruit • Choice of Milk ○ Glazed Carrots
28	29	30	31	
<ul style="list-style-type: none"> • Popcorn Chicken Bites with BBQ Bean Sauce • Fresh Fruit • Choice of Milk ○ Green Beans 	<ul style="list-style-type: none"> • Hot Meatball Sub • Fresh Fruit • Choice of Milk ○ Island Glazed Carrots 	<ul style="list-style-type: none"> • Jerk Drumstick with Pineapple Carrot Rice (DF) • Fresh Fruit • Choice of Milk ○ Edamame ○ Grape Tomatoes 	<ul style="list-style-type: none"> • Baked Mac & Cheese and Chicken Bites Lunch • Fresh Fruit • Choice of Milk ○ Chopped Lettuce and Sliced Tomatoes w/ranch 	

HAPPY NEW YEAR!

Resolutions with Revolution Foods...

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day