

AUGUST LUNCH

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!

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.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods.

MONDAY

- 5**
- crispy chicken sandwich (df)
 - five cheese lasagna (v)
 - ham & cheese sandwich
 - southwest veggie wrap (v)
- o green peas

- 12**
- chicken bites
 - turkey cheddar flatbread melt
 - southwest veggie wrap (v)
 - ham & cheese sandwich
 - dairy free by request: chicken salad sandwich
 - o steamed corn

- 19**
- pancakes with maple turkey sausage & omelet
 - kickin' chicken melt
 - southwest veggie wrap (v)
 - ham & cheese sandwich
 - dairy free by request: chicken salad sandwich
 - o steamed corn

- 26**
- five cheese lasagna (v)
 - crispy chicken sandwich (df)
 - turkey & cheddar sandwich
 - southwest veggie wrap (v)
- o sliced cucumber

TUESDAY

- 6**
- shredded bbq chicken plate
 - cheesy ravioli (v)
 - veggie chef's salad (v)
 - bbq chicken wrap
 - dairy free by request: chicken salad sandwich
 - o sliced cucumber

- 13**
- mongolian beef
 - spaghetti & meatballs (df)
 - chicken caesar wrap (df)
 - cheddar cheese sandwich (v)
- o black beans, edamame, corn & diced carrots

- 20**
- grilled orange chicken (df)
 - bean & cheese pupusa (v)
 - honey mustard chicken wrap
 - mighty meaty deli combo sandwich
- o garbanzo, edamame, & shredded carrots

- 27**
- greek meatball flatbread (df)
 - cheese enchilada plate (v)
 - honey mustard chicken wrap
 - mighty meaty deli combo sandwich
- o baby carrots & warm pinto beans

WEDNESDAY

- 7**
- pepperoni pizza
 - chicken potstickers with not-so-fried rice
 - sunny sandwich kit (sunbutter & jelly) (v)
 - chicken pesto pasta salad
 - dairy free by request: chicken salad sandwich
 - o black beans, edamame, corn & diced carrots

- 14**
- green chile & cheese tamale (v)
 - cheese pizza (v)
 - mighty meaty deli combo sandwich
 - chicken salad sandwich (df)
- o baby carrots with ranch

- 21**
- pepperoni pizza
 - chicken taco trio
 - sesame chicken salad
 - cheddar cheese sandwich (v)
 - dairy free by request: chicken salad sandwich
 - o blanched broccoli with ranch (chilled)

- 28**
- cheese pizza (v)
 - grilled chicken bites with bbq beans & corn (df)
 - sunny sandwich kit (sunbutter & jelly) (v)
 - bbq chicken wrap
- o green peas

THURSDAY

- 1**
- green chile & cheese tamale (v)
 - greek meatball flatbread (df)
 - turkey & cheddar sandwich
 - sesame chicken wrap (df)
- o seasoned green beans with ranch (chilled)

- 8**
- pancakes & omelet (v)
 - smothered beef burrito
 - turkey & cheddar sandwich
 - chicken salad sandwich (df)
- o blanched broccoli with ranch (chilled)

- 15**
- cheesy beef & salsa nacho dip with scoops
 - meatless "sausage" calzoni (v)
 - sunny sandwich kit (sunbutter & jelly) (v)
 - bbq chicken wrap
 - dairy free by request: chicken salad sandwich
 - o seasoned green beans (chilled)

- 22**
- chicken enchilada plate
 - cheesy ravioli (v)
 - chicken pesto pasta salad
 - chicken salad sandwich (df)
- o sliced cucumber

- 29**
- oven roasted chicken sandwich (df)
 - chicken taco trio
 - garden ranch salad with chicken
 - egg salad sandwich (v) (df)
- o glazed carrots

FRIDAY

- 2**
- beef cheeseburger
 - creamy pasta alfredo (v)
 - chicken caesar salad
 - chicken salad sandwich (df)
- o broccoli & carrot salad

- 9**
- the revolution dog (df)
 - chili citrus drumstick & rice
 - buffalo chicken wrap
 - mighty meaty deli combo sandwich
- o glazed carrots

- 16**
- beef cheeseburger
 - cheesy pizza bite meal (v)
 - veggie chef's salad (v)
 - egg salad sandwich (v) (df)
- o lettuce & tomatoes

- 23**
- the revolution dog (df)
 - mac & cheese and chicken bites
 - egg salad sandwich (v) (df)
 - garden ranch salad with chicken
- o glazed carrots

- 30**
- beef cheeseburger
 - red chile chicken tamale
 - chicken caesar salad
 - cheddar cheese sandwich (v)
- o lettuce & tomatoes with ranch