

OCTOBER 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

- 1 • crispy chicken sandwich (df)
- shredded bbq chicken plate
- sesame chicken salad
- egg salad sandwich (v) (df)

- 7 • chicken bites
- cheesy pizza bite meal (v)
- southwest veggie wrap (v)
- ham & cheese sandwich
- o steamed corn

- 14 • mini chicken corn dogs
- cheesy ravioli (v)
- chicken pesto pasta salad
- ham & cheese sandwich
- dairy free by request: chicken salad sandwich
 - o garbanzo, edamame, & shredded carrots

- 21 • cheesy ravioli (v)
- pancakes & omelet (v)
- turkey & cheddar sandwich
- southwest veggie wrap (v)
- dairy free by request: chicken salad sandwich
 - o baby carrots & warm pinto beans

- 28 • chicken bites
- cheese pizza (v)
- ham & cheese sandwich
- chicken caesar wrap (df)
- dairy free by request: chicken salad sandwich
 - o steamed corn

TUESDAY

- 1 • crispy chicken sandwich (df)
- shredded bbq chicken plate
- sesame chicken salad
- egg salad sandwich (v) (df)
- o coleslaw

- 8 • sausage & cheddar eggwich
- spaghetti & meatballs (df)
- chicken caesar wrap (df)
- sunny sandwich kit
- o kidney beans, edamame, carrot, corn

- 15 • creamy chicken alfredo
- crispy chicken sandwich (df)
- southwest veggie wrap (v)
- mighty meaty deli combo sandwich
- o lemon pepper corn

- 22 • vegan bbq "beef" calzoni
- cheese enchilada plate (v)
- honey mustard chicken wrap
- mighty meaty deli combo sandwich
- o coleslaw

- 29 • crispy chicken sandwich (df)
- bean & cheese burrito (v)
- sesame chicken salad
- taco dippers kit (v)
- o sliced cucumber

WEDNESDAY

- 2 • pepperoni pizza
- oven roasted chicken sandwich (df)
- cheddar cheese sandwich (v)
- chicken pesto pasta salad
- o garbanzo, edamame, & shredded carrots

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

- 16 • pepperoni pizza
- mac & cheese and chicken bites
- taco dippers kit (v)
- cheddar cheese sandwich (v)
- o steamed carrots

- 23 • cheese pizza (v)
- bbq beef slider
- cheddar cheese sandwich (v)
- bbq chicken wrap
- dairy free by request: chicken salad sandwich
 - o green peas

- 30 • pepperoni pizza
- chicken taco trio
- bbq chicken wrap
- chicken pesto pasta salad
- o garbanzo, edamame, & shredded carrots

THURSDAY

- 3 • mini chicken corn dog
- chicken taco trio
- sunny sandwich kit
- chicken salad sandwich (df)
- o baby carrots

- 10 • chicken & salsa nacho dip with scoops
- pancakes & omelet (v)
- cheddar cheese sandwich (v)
- bbq chicken wrap
- dairy free by request: chicken salad sandwich
 - o lemon pepper green beans

- 17 • chicken enchilada plate
- bean & cheese pupusa (v)
- honey mustard chicken wrap
- chicken salad sandwich (df)
- o coleslaw

- 24 • greek meatball flatbread (df)
- chicken potstickers with not-so-fried rice
- garden ranch salad with chicken
- egg salad sandwich (v) (df)
- o baby carrots

- 31 • creamy tomato chicken curry
- creamy pasta alfredo (v)
- turkey & cheddar sandwich
- southwest veggie wrap (v)
- o baby carrots with ranch

FRIDAY

- 4 • beef cheeseburger
- bean & cheese pupusa (v)
- buffalo chicken wrap
- mighty meaty deli combo sandwich
 - dairy free by request: chicken salad sandwich
- o lettuce & tomatoes with ranch

- 11 • the revolution dog (df)
- garbanzo greek flatbread
- veggie chef's salad (v)
- egg salad sandwich (v) (df)
- o blanched broccoli (chilled)

- 18 • beef cheeseburger
- chicken & salsa nacho dip with scoops
- egg salad sandwich (df)
- garden ranch salad with chicken
- o lettuce & tomatoes with ranch

- 25 • the revolution dog (df)
- red chile chicken tamale
- chicken caesar salad
- sunny sandwich kit
- o blanched broccoli with ranch (chilled)



