










October 2023

# Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTREE OF THE DAY</b>				
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	Cheerios Cereal w/ Honey Grahams
Mantecada Sweet Bread	Breakfast Cheese Tamale 	Cinnamon Roll	Pancake Stack Syrup 	Cranberry Oatmeal Round
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/ Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams	Banana Bread Slice	French Toast Sticks 	Vanilla Mini Loaf & String Cheese
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Crumble	Cinnamon Waffles Syrup 	Berry Apple Crisp Bar	Scrambled Egg & Cheese Breakfast Sandwich 	Bagel w/ Cream Cheese
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	Cheerios Cereal w/ Honey Grahams
Mantecada Sweet Bread	Breakfast Cheese Tamale 	Cinnamon Roll	Pancake Stack Syrup 	Cranberry Oatmeal Round
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Frosted Flakes Cereal w/ Honey Grahams	Orange Vanilla Concha Seasonal! 	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams	Banana Bread	French Toast Sticks 	Vanilla Mini Loaf & String Cheese
Orange (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich.  
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October 2023

# Lunch Menu K-8



Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
Cheeseburger Oven Baked Fries	Baked Ziti w/ Meat Sauce	Chicken Tamale w/ Seasoned Corn	Turkey Nachos Poptillas Chips	Deep Dish Pepperoni Pizza
<b>COLD ENTRÉES OF THE DAY</b>				
Turkey & Cheese Torta <i>Side of Baked Fries</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Baby Carrots</i>	Chicken Salad Sandwich <i>Celery Sticks</i>	Italian Turkey Submarine <i>Garbanzo Bean &amp; Tomato Salad</i>	Smoked Turkey & Cheese Sandwich on Knot Roll
Double Cheese Torta <i>Side of Baked Fries</i>	Soy Butter & Jelly Sandwich <i>Baby Carrots</i>	Build Your Own Cheese Pizza Kit <i>Marinara Sauce</i>	Artisan Cheese Sandwich <i>Garbanzo Bean &amp; Tomato Salad</i>	Egg Salad Sandwich
<b>ENTRÉE SALAD OF THE DAY</b>				
		Vegetable Chef Salad w/ Egg & Cheese <i>Poptillas Chips Ranch Dressing</i>	Chicken Taco Salad <i>Poptillas Chips Ranch Dressing</i>	Chicken Caprese Salad <i>Poptillas Chips Italian Dressing</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Grilled Chicken Sandwich Oven Baked Fries <i>BBQ Sauce Packet</i>	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes <i>Syrup</i>	Chicken Fajitas w/ Pinto Beans <i>Poptilla Chips</i>	Macaroni & Cheese
Cheese Melt Oven Baked Fries	Cheesy Baked Ziti w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
100% Fruit Juice	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptilla Chips</i>	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
100% Fruit Juice	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Hot Dog Oven Baked Fries	Chicken Nuggets w/ Potatoes	Firecracker Chicken w/ Yakisoba Noodles Cabbage & Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Hamburger
Cheese Melt Oven Baked Fries	Cheese Lasagna w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
100% Fruit Juice	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Grilled Chicken Sandwich Oven Baked Fries <i>BBQ Sauce Packet</i>	Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots	Breakfast for Lunch: Pancake, Egg Patty & Seasoned Potatoes <i>Syrup</i>	Chicken Fajitas w/ Pinto Beans <i>Poptilla Chips</i>	Macaroni & Cheese
Cheese Melt Oven Baked Fries	Cheesy Baked Ziti w/ Marinara Sauce	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
100% Fruit Juice	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Chicken Patty Burger Oven Baked Fries	Chicken Alfredo Pasta w/ Steamed Broccoli	Chicken Enchilada w/ Creamy Green Salsa	Turkey & Bean Chili <i>Poptilla Chips</i>	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheesy Alfredo Pasta w/ Steamed Broccoli	Cheese Tamale w/ Black Beans	Bean & Cheese Pupusa w/ Pinto Beans	Deep Dish Cheese Pizza
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
100% Fruit Juice	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>

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October 2023

# Field Trip Menu



Monday	Tuesday	Wednesday <small>FEATURED ENTIRE OF THE DAY</small>	Thursday	Friday
2-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	3-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice	4-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	5-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	6-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice
7-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	8-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	9-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	10-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	11-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice
9-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	10-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice	11-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	12-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	13-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice
10-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	11-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	12-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	13-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	14-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice
16-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	17-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice	18-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	19-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	20-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice
17-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	18-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	19-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	20-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	21-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice
23-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	24-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice	25-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	26-Oct Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	27-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice
24-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	25-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	26-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	27-Oct Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	28-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice
30-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	31-Oct Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice	1-Nov Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	2-Nov Italian Submarine Sandwich Baby Carrots Apple & Raisins Fruitable Juice	3-Nov Smoked Turkey & Cheese Sandwich on Knot Roll Baby Carrots Apple & Raisins Fruitable Juice
31-Oct Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	1-Nov Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	2-Nov Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice	3-Nov Soybutter Sandwich Baby Carrots Apple & Raisins Fruitable Juice	4-Nov Sunbutter, Crackers, String Cheese Baby Carrots Apple & Raisins Fruitable Juice

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October 2023

# Snack NSLP



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTREE OF THE DAY</b>				
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
<b>WG Pretzels (1G)</b>	<b>WG Nacho Poptillas (1G)</b>	<b>WG Pizza Crackers (1G)</b>	<b>Sunflower Seeds (1 MA)</b>	<b>WG Goldfish Cheddar Crackers (1G)</b>
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
<b>WG Giant Cinnamon Crackers (1G)</b>	<b>WG Churro Poptillas (1G)</b>	<b>Cheese Stick (1 MA)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Honey Crackers (1G)</b>
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Wheat Crackers (1G)</b>	<b>WG BBQ Poptillas (1G)</b>	<b>WG Educational Snacks Crackers (1G)</b>	<b>WG Goldfish Cheddar Crackers (1G)</b>
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
<b>WG Pretzels (1G)</b>	<b>WG Nacho Poptillas (1G)</b>	<b>WG Pizza Crackers (1G)</b>	<b>Sunflower Seeds (1 MA)</b>	<b>WG Goldfish Cheddar Crackers (1G)</b>
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
<b>WG Giant Cinnamon Crackers (1G)</b>	<b>WG Churro Poptillas (1G)</b>	<b>Cheese Stick (1 MA)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Honey Crackers (1G)</b>
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)

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October 2023

# Supper CACFP Menu



Monday	Tuesday	Wednesday	Thursday	Friday
FEATURED ENTRÉE OF THE DAY				
2-0ct	3-0ct	4-0ct	5-0ct	6-0ct
Deep Dish Pepperoni Pizza (2M,2G) <i>Baby Carrots (1/2 c)</i>	Chicken Burrito Bowl (2M) w/ Beans & Rice (1G,1/2c veg)	Hot Dog (2M,2G) Oven Baked Fries (1/2c veg)	Baked Ziti w/ Meat Sauce (2M,1G,1/2c veg)	Chicken Bites (2M,1G) w/ Potatoes (1/2c veg)
Deep Dish Cheese Pizza (2M,2G) <i>Baby Carrots (1/2 c)</i>	Macaroni & Cheese (2M,1G) <i>Baby Carrots (1/2 c)</i>	Cheese Melt (2M,2G) Oven Baked Fries (1/2c veg)	Cheese Lasagna w/ Marinara Sauce (2M,1G,1/2c veg)	Bean & Cheese Pupusa (2M,2G) <i>Fruitable Juice (4 oz)</i>
Turkey & Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Turkey & Cheese Knot Sandwich (2M,2G) <i>Baby Carrots (1/2 c)</i>	Chicken Salad Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>	Italian Sub Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Chicken Caprese Salad (2M, 1c veg) <i>Wheat Crackers (1G)</i>
Double Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Protein Pack: String Cheese, Sunflower Seeds & Crackers, Baby Carrots (1/2 c)	Build Your Own Pizza Kit <i>Marinara Sauce Cup (1/2 c)</i>	Artisan Cheese Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Soy Butter & Jelly Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>
100% Fruit Juice (4 oz)	Pear (1/2 c)	Apple (1/2 c)	100% Fruit Juice (4 oz)	Apple (1/2 c)
Chicken Teriyaki (2M) Not So Fried Rice (1G) w/ Steamed Diced Carrots (1/2c veg)	Beef & Bean Nachos (2M,1/2c veg) <i>Nacho Poptillas (1 G)</i>	Chicken Patty Burger (2M,2G) Oven Baked Fries (1/2 c)	Chicken Tamale (2M,2G) w/ Seasoned Corn (1/2 c)	Breakfast for Supper: Pancakes & Egg (2M,1G) w/ Roasted Potatoes (1/2 c)
Cheese Tamale (2M,2G) w/ Seasoned Corn (1/2c veg)	Bean & Cheese Pupusa (2M,2G) <i>Baby Carrots (1/2 c)</i>	Cheese Melt (2M,2G) Oven Baked Fries (1/2c veg)	Deep Dish Cheese Pizza (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Macaroni & Cheese (2M,1G) <i>Fruitable Juice (4 oz)</i>
Turkey & Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Turkey & Cheese Knot Sandwich (2M,2G) <i>Baby Carrots (1/2 c)</i>	Chicken Salad Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>	Italian Sub Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Chicken Caprese Salad (2M, 1c veg) <i>Wheat Crackers (1G)</i>
Double Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Protein Pack: String Cheese, Sunflower Seeds & Crackers, Baby Carrots (1/2 c)	Build Your Own Pizza Kit <i>Marinara Sauce Cup (1/2 c)</i>	Artisan Cheese Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Soy Butter & Jelly Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>
100% Fruit Juice (4 oz)	Pear (1/2 c)	Apple (1/2 c)	100% Fruit Juice (4 oz)	Apple (1/2 c)
Chicken Enchiladas (2M,2G) w/ Green Salsa (1/2c veg)	Turkey & Bean Chili <i>Nacho Poptillas (1 G)</i>	Cheeseburger (2M,2G) Oven Baked Fries (1/2 c)	Chicken Alfredo Pasta w/ Steamed Broccoli (1/2 c)	Beef, Bean & Cheese Burrito <i>Baby Carrots (1/2 c)</i>
Cheesy Baked Ziti w/ Marinara Sauce	Cheese Enchiladas (2M,2G) w/ Green Salsa (1/2c veg)	Cheese Melt (2M,2G) Oven Baked Fries (1/2c veg)	Cheesy Alfredo Pasta (2M,1G) w/ Steamed Broccoli (1/2c veg)	Bean & Cheese Burrito <i>Baby Carrots (1/2 c)</i>
Turkey & Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Turkey & Cheese Knot Sandwich (2M,2G) <i>Baby Carrots (1/2 c)</i>	Italian Sub Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>	Chicken Salad Sandwich (2M,2G) <i>Jicama Sticks (1/2 c)</i>	Chicken Taco Salad (2M, 1c veg) <i>Nacho Poptillas (1G)</i>
Double Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Protein Pack: Yogurt, String Cheese, Crackers <i>Baby Carrots (1/2 c)</i>	Egg Salad Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>	Vegetable Chef Salad (2M,1c veg) <i>Nacho Poptillas</i>	Soy Butter & Jelly Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>
100% Fruit Juice (4 oz)	Pear (1/2 c)	Apple (1/2 c)	100% Fruit Juice (4 oz)	Apple (1/2 c)
Deep Dish Pepperoni Pizza (2M,2G) <i>Baby Carrots (1/2 c)</i>	Chicken Burrito Bowl (2M) w/ Beans & Rice (1G,1/2c veg)	Hot Dog (2M,2G) Oven Baked Fries	Baked Ziti w/ Meat Sauce (2M,1G,1/2c veg)	Chicken Bites (2M,1G) w/ Potatoes (1/2c veg)
Deep Dish Cheese Pizza (2M,2G) <i>Baby Carrots (1/2 c)</i>	Macaroni & Cheese (2M,2G) <i>Baby Carrots (1/2 c)</i>	Cheese Melt (2M,2G) Oven Baked Fries (1/2c veg)	Cheese Lasagna (2M,2G) w/ Marinara Sauce (1/2c veg)	Bean & Cheese Pupusa (2M,2G) <i>Fruitable Juice (4 oz)</i>
Turkey & Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Turkey & Cheese Knot Sandwich (2M,2G) <i>Baby Carrots (1/2 c)</i>	Chicken Salad Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>	Italian Sub Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Chicken Caprese Salad (2M, 1c veg) <i>Wheat Crackers (1G)</i>
Double Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Protein Pack: String Cheese, Sunflower Seeds & Crackers, Baby Carrots (1/2 c)	Build Your Own Pizza Kit <i>Marinara Sauce Cup (1/2 c)</i>	Artisan Cheese Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Soy Butter & Jelly Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>
100% Fruit Juice (4 oz)	Pear (1/2 c)	Apple (1/2 c)	100% Fruit Juice (4 oz)	Apple (1/2 c)
Chicken Teriyaki (2M) Not So Fried Rice (1G) w/ Steamed Diced Carrots (1/2c veg)	Beef & Bean Nachos <i>Nacho Poptillas</i>	Chicken Patty Burger (2M,2G) Oven Baked Fries (1/2 c)	Chicken Tamale (2M,2G) w/ Seasoned Corn (1/2 c)	Breakfast for Supper: Pancakes & Egg w/ Roasted Potatoes (1/2 c)
Cheese Tamale (2M,2G) w/ Seasoned Corn (1/2c veg)	Bean & Cheese Pupusa <i>Baby Carrots (1/2 c)</i>	Cheese Melt (2M,2G) Oven Baked Fries (1/2c veg)	Deep Dish Cheese Pizza (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Macaroni & Cheese (2M,1G) <i>Fruitable Juice (4 oz)</i>
Turkey & Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Turkey & Cheese Knot Sandwich (2M,2G) <i>Baby Carrots (1/2 c)</i>	Chicken Salad Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>	Italian Sub Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Chicken Caprese Salad (2M, 1c veg) <i>Wheat Crackers (1G)</i>
Double Cheese Torta (2M,2G) <i>Baby Carrots (1/2 c)</i>	Protein Pack: String Cheese, Sunflower Seeds & Crackers <i>Baby Carrots (1/2 c)</i>	Build Your Own Pizza Kit <i>Marinara Sauce Cup (1/2 c)</i>	Artisan Cheese Sandwich (2M,2G) <i>Sliced Cucumber (1/2 c)</i>	Soy Butter & Jelly Sandwich (2M,2G) <i>Fruitable Juice (4 oz)</i>
100% Fruit Juice (4 oz)	Pear (1/2 c)	Apple (1/2 c)	100% Fruit Juice (4 oz)	Apple (1/2 c)

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# Allergy Friendly Meals Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				
Cinnamon Chex Bowl, Strawberry Rockinola Granola, & Fruit*, Milk Option*	GF Cheerios Bowl, Chocolate Rockinola Granola & Fruit*, Milk Option*	Cocoa Krispies Bowl, Cinnamon Rockinola Granola, Fruit*, Milk Option*	Rice Krispies Bowl, Strawberry Rockinola Granola, Fruit*, Milk Option*	Corn Chex Bowl, Chocolate Rockinola Granola & Fruit*, Milk Option*
<b>LUNCH</b>				
Burrito Bowl, Fruit*, Milk Option*  2M, 2G, 1C Veg.	Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option*  2M, 2G, 1C Veg.	Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option*  2M, 2G, 1C Veg.	Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option*  2M, 2G, 1C Veg.	California Turkey and Vegetable Bowl, Fruit*, Milk Option*  2M, 2G, 1C Veg.
<b>SNACK</b>				
Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*	Hummus & Corn Chips	Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*
<b>SUPPER</b>				
Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option*  2M, 2G, 1C Veg.	Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option*  2M, 2G, 1C Veg.	Burrito Bowl, Fruit*, Milk Option*  2M, 2G, 1C Veg.	California Turkey and Vegetable Bowl, Fruit*, Milk Option*  2M, 2G, 1C Veg.	Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option*  2M, 2G, 1C Veg.
<b>FIELD TRIP</b>				
Hummus Cup, Corn Chips Fritos, Sunbutter Cup, RockinOla Granola Apple Sauce 4.5oz, Paradise Punch Vegetable Juice 4oz				

### Safe Handling Instructions for Frozen Entrees;



Keep the lunch food frozen/refrigerated until ready to cook and serve.



Tear open the side of the film and place the tray in the microwave and microwave on high for 3-5 minutes.



Ensure the internal temperature reaches 165°F; otherwise, place the plate in the microwave again and heat it for an additional 2-3 minutes/ until reaches the 165 °F.

Allow the food to rest for 1 minute. Handle with care. The content is hot.

For conventional oven, set the oven temperature at 300°F and heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F.

### Our Allergen Management Plan;

Revolution Foods takes food safety and customer safety seriously. We have an allergen management plan in place that prevent allergen cross-contamination. This meal is free of major 8 allergens and manufactured on a validated clean line. The sanitation process is verified by performing allergen residue testing. Every production batch is being tested against the below-listed allergies up to the stated limit of detection (LOD) using an accredited test method.

**Warning:** Although these meals don't contain any fish ingredients, the validation test is not being performed in our kitchen.

Target Allergen	LOD (Limit of Detection)	Target Allergen	LOD (Limit of Detection)
Almond Protein	2 ppm	Gluten Protein	4 ppm
Brazil Nut Protein	5 ppm	Hazelnut Protein	5 ppm
Cashew/Pistachio Protein	2 ppm	Macadamia nut Protein	2 ppm
Coconut Protein	10 ppm	Total Milk Protein	1 ppm
Crustacean Protein	2 ppm	Peanut Protein	1 ppm
Whole Egg Protein	2 ppm	Walnut Protein	10 ppm
Soy Protein	2 ppm	Sesame Protein	5 ppm