no artificial ingredients
no high fructose corn syrup
no artificial trans fats
made locally by real chefs

revolution foods

Monday

breakfast
Apple smash hippops crackers & string cheese
Cheese pizza (v)
Corn jicama salad

lunch
Cheese pizza (v)
Corn jicama salad

Tuesday

breakfast
Dipper doodle breakfast bar
BBQ chicken sandwich OR Cheese tamale (v)
Shredded romaine

lunch
Chicken and waffles OR Breakfast for lunch (v)
Celery sticks w/ ranch

Wednesday

breakfast
Apple cinna-grins cereal
Cheesy chicken quesadilla OR Cheese ravioli (v)
Southwest black beans

lunch
Cheesy chicken quesadilla OR Cheese ravioli (v)
Southwest black beans

Thursday

breakfast
Cinn-raisin bagel & cream cheese

lunch
Chicken pasta alfredo OR Pasta alfredo (v)
Baby carrots

Friday

breakfast
Triple berry revolution cereal
Chicken pasta alfredo OR Pasta alfredo (v)
Baby carrots

lunch
Chicken teriyaki OR Tofu chow mein (v)
Edamame

Each meal is served with fresh fruit. To request the vegetarian option, place your order at least one week in advance with your cafeteria server.

Spring Break

1

breakfast
Triple berry revolution cereal
lunch
Chicken pasta alfredo OR Pasta alfredo (v)
Baby carrots

1

breakfast
Blueberry muffin
lunch
Buffalo wings OR Veggie sloppy joe (v)
Celery sticks w/ ranch

2

breakfast
Lemon poppyseed muffin
lunch
BBQ wings OR Tofu chow mein (v)
Broccoli florets w/ ranch

3

breakfast
Strawberry zac attack bar
lunch
Chicken tamale OR Bean and cheese burrito (v)
Corn and tomato salad

4

breakfast
Apple cinna-grins cereal
lunch
All natural beef hot dog OR Cheese lasagna (v)
Baby carrots

5

breakfast
Apple mufﬁn
lunch
All natural beef hot dog OR Veggie bean chili w/ mini cheese sandwich (v)
Southwest black beans

6

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

7

breakfast
Plain bagel w/ cream cheese
lunch
Cheeseburger OR cheese pizza (v)
Shredded romaine

8

breakfast
Blueberry muffin
lunch
Chicken teriyaki OR Tofu chow mein (v)
Edamame

9

breakfast
Blueberry muffin
lunch
Buffalo wings OR Veggie sloppy joe (v)
Celery sticks w/ ranch

10

breakfast
Apple mufﬁn
lunch
All natural beef hot dog OR Veggie bean chili w/ mini cheese sandwich (v)
Southwest black beans

11

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

12

breakfast
Cinn-raisin bagel & cream cheese
lunch
Chicken and waffles OR Breakfast for lunch (v)
Celery sticks w/ ranch

13

breakfast
Apple cinna-grins cereal
lunch
All natural beef hot dog OR Cheese lasagna (v)
Baby carrots

14

breakfast
Apple mufﬁn
lunch
All natural beef hot dog OR Veggie bean chili w/ mini cheese sandwich (v)
Southwest black beans

15

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

16

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

17

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

18

breakfast
Lemon poppyseed muffin
lunch
BBQ wings OR Tofu chow mein (v)
Broccoli florets w/ ranch

19

breakfast
Strawberry zac attack bar
lunch
Chicken tamale OR Bean and cheese burrito (v)
Corn and tomato salad

20

breakfast
Apple cinna-grins cereal
lunch
All natural beef hot dog OR Cheese lasagna (v)
Baby carrots

21

breakfast
Apple mufﬁn
lunch
All natural beef hot dog OR Veggie bean chili w/ mini cheese sandwich (v)
Southwest black beans

22

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

23

breakfast
Apple cinna-grins cereal
lunch
All natural beef hot dog OR Cheese lasagna (v)
Baby carrots

24

breakfast
Apple mufﬁn
lunch
All natural beef hot dog OR Veggie bean chili w/ mini cheese sandwich (v)
Southwest black beans

25

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

26

breakfast
Apple cinna-grins cereal
lunch
All natural beef hot dog OR Cheese lasagna (v)
Baby carrots

27

breakfast
Apple mufﬁn
lunch
All natural beef hot dog OR Veggie bean chili w/ mini cheese sandwich (v)
Southwest black beans

28

breakfast
Triple berry revolution cereal
lunch
Spaghetti w/ meatballs OR Spaghetti marinara (v)
Baby carrots

29