



revolution® DECEMBER FOODS



SAN FRANCISCO PUBLIC SCHOOLS



monday

tuesday

wednesday

thursday

friday

no artificial ingredients

BREAKFAST
BERRY BLOSSOMS W/ SKEETERS
LUNCH
CHEESE RAVIOLI
HUMMUS & FLATBREAD
CELERY STICKS

1

BREAKFAST
PLAIN BAGEL W/ CREAM CHEESE
LUNCH
SLOPPY JOE
CHEESE PIZZA
SHREDDED LETTUCE/RANCH

2

BREAKFAST
HARD BOILED EGG W/ BREAD ROLL
LUNCH
PANCAKES & SAUSAGE
SPAGHETTI MARINARA W/
PARMESAN
BABY CARROTS

3

BREAKFAST
APPLE MUFFIN
LUNCH
CHICKEN TERIYAKI W/ BRWN RICE
TOFU TERIYAKI W/ BRWN RICE
EDAMEME

4

BREAKFAST
CINNA-GRINS CEREAL
LUNCH
PASTA ZESTY BEEF
PASTA ALFREDO
SEASONED CORN

5

no high fructose corn syrup

BREAKFAST
BLOSSOMS W/ DIPDOODLE BAR
LUNCH
CHEESE LASAGNA
VEGGIE CHEF SALAD
BROCCOLI/RANCH

8

BREAKFAST
ZAC OMEGA STRAWBERRY BAR
LUNCH
CHEESY CHICKEN QUESADILLA
3 BEAN CHILI CHEESE SANDWICH
CELERY STICKS

9

BREAKFAST
HONEY BUTTONS CEREAL
LUNCH
HOT DOG
CHEESE PIZZA
SEASONED CORN

10

BREAKFAST
BANANA MUFFIN
LUNCH
ROASTED TURKEY W/ STUFFING
VEGGIE MEATLOAF W/ STUFFING
BABY CARROTS

11

BREAKFAST
BAGEL SANDWICH W/ TURKEY &
CREAM CHEESE
LUNCH
CHICKEN TACO TRIO
BBQ TOFU W/ CHEESY RICE
PINTO BEANS

12

no artificial trans fats

BREAKFAST
YOGURT & GRANOLA
LUNCH
CHEESE TAMALE
TOFU SESAME WRAP
CELERY STICKS

15

BREAKFAST
LEMON POPPYSEED MUFFIN
LUNCH
PANCAKES & SAUSAGE
SPAGHETTI MARINARA W/
PARMESAN
BABY CARROTS

16

BREAKFAST
HARDBOILED EGG W/ DINNER
ROLL
LUNCH
FIRECRACKER CHICKEN
W/ SESAME NOODLE
EGG SALAD SUB
EDAMEME

17

BREAKFAST
PLAIN BAGEL W/ CREAM CHEESE
LUNCH
CHICKEN MOLE ROJO
CHEESE ENCHILADAS
SHREDDED LETTUCE/RANCH

18

BREAKFAST
ZAC APPLE BAR
LUNCH
CHEESEBURGER
HUMMUS & FLATBREAD
POTATO SALAD

19

made locally by real chefs

WINTER BREAK

22

23

24

25

26

29

30

31



NEW Choice Menu! Both entrees are available on a daily basis.
Each meal is served with fresh fruit.

This institution is an equal opportunity provider.

real food for all™

got a thought? we want to hear from you. find us on facebook or send us a tweet! SFUSD Tweets Menu Highlights Daily! Sign Up @SFUnified



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