



revolution
FOODS

OCTOBER



SAN FRANCISCO
PUBLIC SCHOOLS



monday

tuesday

wednesday

thursday

friday

no artificial ingredients

no high fructose corn syrup

no artificial trans fats

made locally by real chefs



		BREAKFAST HIPPOPS APPLE SMASH W/ STRING CHEESE LUNCH HOTDOG BEAN & CHEESE QUESADILLA COLESLAW 1	BREAKFAST HONEY BUTTONS CEREAL LUNCH PASTA W/ ZESTY BEEF EGG SALAD SANDWICH BABY CARROTS/RANCH 2	BREAKFAST BLUEBERRY MUFFIN LUNCH CHICKEN TERIYAKI & BROWN RICE TOFU TERIYAKI & BROWN RICE EDAMAME 3
BREAKFAST YOGURT & GRANOLA LUNCH CHEESE RAVIOLI HUMMUS & FLATBREAD CELERY STICKS 6	BREAKFAST HARD BOILED EGG W/ BREAD ROLL LUNCH SLOPPY JOE CHEESE PIZZA SHREDDED LETTUCE/RANCH 7	BREAKFAST PLAIN BAGEL W/ CREAM CHEESE LUNCH PANCAKES & SAUSAGE SPAGHETTI MARINARA W/ PARMESAN BABY CARROTS 8	BREAKFAST APPLE MUFFIN LUNCH CHICKEN MOLE ROJO & BROWN RICE PASTA ALFREDO SEASONED CORN 9	BREAKFAST CINNA-GRINS CEREAL LUNCH CHICKEN TACO TRIO EGG SALAD SANDWICH PINTO BEANS 10
INDIGINEOUS PEOPLE'S DAY 13	BREAKFAST ZAC STRAWBERRY BAR LUNCH HOT DOG CHEESE PIZZA CELERY STICKS 14	BREAKFAST BANANA MUFFIN LUNCH CHEESY CHICKEN QUESADILLA VEGGIE CHILI W/ MINI CHEESE SANDWICH SEASONED CORN 15	BREAKFAST PLAIN BAGEL W/ CREAM CHEESE LUNCH BBQ CHICKEN & CHEESY RICE VEGGIE TACO SALAD EDAMAME 16	BREAKFAST HONEY BUTTONS CEREAL LUNCH PASTA W/ ZESTY BEEF CHEESE ENCHILADAS BABY CARROTS 17
BREAKFAST YOGURT & GRANOLA LUNCH CHEESE TAMALES CHEESE RAVIOLI BABY CARROTS 20	BREAKFAST HARD BOILED EGG W/ BREAD ROLL LUNCH PANCAKES & SAUSAGE SPAGHETTI MARINARA W/ PARMESAN CUCUMBERS 21	BREAKFAST LEMON POPPYSEED MUFFIN LUNCH CHEESEBURGER HUMMUS & FLATBREAD PINTO BEANS 22	BREAKFAST PLAIN BAGEL W/ CREAM CHEESE LUNCH TURKEY & CHEESE SANDWICH VEGGIE CHEF SALAD SHREDDED LETTUCE/RANCH 23	BREAKFAST ZAC APPLE BAR LUNCH SAUSAGE PIZZA EGG SALAD SANDWICH POTATO SALAD 24
BREAKFAST SUNSHINE CEREAL W/ MINI DIPPER DOODLE BAR LUNCH CHEESE PIZZA VEGGIE TACO SALAD BROCCOLI/RANCH 27	BREAKFAST YOGURT & GRANOLA LUNCH SPAGHETTI & MEATBALLS CHEESE LASAGNA SEASONED CORN 28	BREAKFAST HIPPOPS APPLE SMASH W/ STRING CHEESE LUNCH HOTDOG BEAN & CHEESE QUESADILLA COLESLAW 29	BREAKFAST HONEY BUTTONS CEREAL LUNCH PASTA W/ ZESTY BEEF EGG SALAD SANDWICH BABY CARROTS/RANCH 30	BREAKFAST BLUEBERRY MUFFIN LUNCH CHICKEN TERIYAKI & BROWN RICE TOFU TERIYAKI & BROWN RICE KIDNEY BEANS 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

