



revolution
FOODS

FEBRUARY



SAN FRANCISCO
PUBLIC SCHOOLS



monday

BREAKFAST
BLOSSOMS CEREAL/ ZAC APPLE BAR
LUNCH
PANCAKES & SAUSAGE
SPAGHETTI MARINARA W/
PARMESAN
BABY CARROTS

2

tuesday

BREAKFAST
YOGURT & SMART CRACKERS
LUNCH
FIRECRACKER CHICKEN W/ NOODLES
VEGGIE CHEF SALAD
EDAMAME & CUCUMBERS

3

wednesday

BREAKFAST
BAGEL W/ TURKEY & CREAM CHEESE
LUNCH
CHEESY CHICKEN QUESADILLA
CHEESE RAVIOLI
CELERY STICKS

4

thursday

BREAKFAST
APPLE BAKER MUFFIN
LUNCH
PASTA ZESTY BEEF
CHEESE ENCHILADAS
SEASONED CORN

5

friday

BREAKFAST
ZAC STRAWBERRY BAR
LUNCH
CHEESEBURGER
CHEESE PIZZA
ROMAINE LETTUCE & TOMATOES
W/ RANCH

6

no artificial
ingredients

no high
fructose
corn
syrup

no artificial
trans fats

made
locally by
real chefs



BREAKFAST
YOGURT & SMART CRACKERS
LUNCH
HOT DOG
VEGGIE SLOPPY JOE
BROCCOLI/RANCH

9

BREAKFAST
PLAIN BAGEL W/ CREAM CHEESE
LUNCH
SAUSAGE PIZZA
CHEESE TAMALE
COLESLAW

10

BREAKFAST
HARD BOILED EGG / DINNER ROLL
LUNCH
SPAGHETTI & MEATBALLS
CHEESE LASAGNA
SEASONED CORN

11

BREAKFAST
BLUEBERRY BAGEL / CREAM CHEESE
LUNCH
CHICKEN TACO TRIO
PANCAKES W/ OMELET
PINTO BEANS & CHERRY TOMATOES

12

BREAKFAST
DIPPER DOODLE BAR
LUNCH
CHICKEN PASTA ALFREDO
HUMMUS & FLATBREAD
MASHED YAMS

13

BREAKFAST
SUNSHINE CEREAL/ ZAC
STRAWBERRY BAR
LUNCH
HOT DOG
3-BEAN CHILI CHEESE SANDWICH
SEASONED CORN

16

BREAKFAST
PLAIN BAGEL W/ CREAM CHEESE
LUNCH
CHEESEBURGER
VEGGIE TACO SALAD
BLANCHED BROCCOLI

17

BREAKFAST
HIPPOPS APPLE SMASH CRACKERS
LUNCH
PANCAKES W/ SAUSAGE
SPAGHETTI MARINARA W/
PARMESAN
BABY CARROTS

18

Lunar New Year

19

President's

Day

20

BREAKFAST
SUNSHINE CEREAL/ ZAC
STRAWBERRY BAR
LUNCH
SLOPPY JOE
CHEESE PIZZA
BABY CARROTS

23

BREAKFAST
BLUEBERRY BAGEL / CREAM CHEESE
LUNCH
CHILLIN' SESAME CHICKEN NOODLES
CHEESE RAVIOLI
CUCUMBERS

24

BREAKFAST
HARD BOILED EGG W/ BREAD ROLL
LUNCH
SPAGHETTI & MEATBALLS
CHEESE LASAGNA
ROMAINE LETTUCE & TOMATOES
W/ RANCH

25

BREAKFAST
BANANA MUFFIN
LUNCH
CHICKEN TERIYAKI W/ BROWN RICE
PANCAKES W/ OMELET
CUCUMBERS

26

BREAKFAST
CINNA GRINS CEREAL
LUNCH
CHICKEN MOLE ROJO
PASTA ALFREDO
POTATO SALAD

27

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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