October

PRE-K LUNCH

SFUSD STUDENT NUTRITION SERVICES

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Multigrain Cheerios & Zac Attack Strawberry Bar (DF) **LUNCH** *NEW* Chili Citrus Drumstick w/Rice (DF) Cheesy Ravioli (VG) Diced Carrots 2	**BREAKFAST** Blueberry Bagel & Cream Cheese **LUNCH** Oven Roasted Chicken Sandwich (DF) Cheese Pizza (VG) Pinto Beans 3	**BREAKFAST** Yogurt & Granola **LUNCH** Pepper Jack Cheeseburger *NEW* Tomato Curry with Tofu (VG) Lettuce w/Ranch 4	**BREAKFAST** Plain Bagel & Cream Cheese **LUNCH** Pancakes w/Sausage Spaghetti Marinara (VG) Corn 5	**BREAKFAST** Cinnamon Chex & Zac Attack Strawberry (DF) **LUNCH** Spicy Chicken Sausage & Cheese Eggel Sandwich Pasta Alfredo (VG) Cucumber 6
HOLIDAY 9	**BREAKFAST** Zee Zees Berry Apple Crisp Bar (DF) **LUNCH** Hot Dog (DF) Veggie Sloppy Joe (VG) Diced Carrots 10	**BREAKFAST** Blueberry Bagel & Cream Cheese **LUNCH** Buffalo Chicken Crunchadilla Pancakes w/Omelet (VG) Cucumber 11	**BREAKFAST** Hard Boiled Egg & Dinner Roll **LUNCH** *NEW* Tomato Curry w/Grilled Chicken Cheese Tamale (VG) Corn 12	**BREAKFAST** Dipperdoodle Bar (DF) **LUNCH** Flame Broiled Beef Burger (DF) Fiesta Scoops (VG) Broccoli w/Ranch 13
BREAKFAST Corn Chex & Zac Attack Strawberry Bar (DF) **LUNCH** *NEW* Chili Citrus Drumstick (DF) Cheesy Ravioli (VG) Cucumber 16	**BREAKFAST** Plain Bagel & Cream Cheese **LUNCH** Spaghetti Meatballs (DF) Cheese Lasagna (VG) Diced Carrots 17	**BREAKFAST** Zac Omega Blackberry Bar (DF) **LUNCH** Flame Broiled Cheeseburger Cheese Pizza (VG) Lettuce w/Ranch 18	**BREAKFAST** Autumn Spice Muffin **LUNCH** General Tso's Chicken Italian "Sausage" Calzoni (VG) Black Beans 19	**BREAKFAST** Yogurt & Granola **LUNCH** Chicken Enchiladas Pasta Alfredo (VG) Corn and Jicama Salad 20
BREAKFAST Zee Zee's Berry Apple Crisp Bar (DF) **LUNCH** Spicy Chicken Sausage & Cheese Eggel Sandwich Cheese Enchiladas (VG) Diced Carrots 23	**BREAKFAST** French Toast Muffin **LUNCH** *NEW* Tomato Curry w/Grilled Chicken Fiesta Scoops (VG) Corn 24	**BREAKFAST** Cinnamon Chex & Zac Attack Strawberry Bar (DF) **LUNCH** Hot Dog (DF) Veggie Sloppy Joe (VG) Pinto Beans 25	**BREAKFAST** Lemon Muffin **LUNCH** *NEW* Chili Citrus Drumstick (DF) Cheese Tamale (VG) Broccoli w/Ranch 26	**BREAKFAST** Multigrain Cheerios & Mini Dipperdoodle Bar (DF) **LUNCH** Baked Mac & Cheese w/Chicken *NEW* Tomato Curry w/Tofu (VG) Cucumber 27
BREAKFAST Yogurt & Granola **LUNCH** Chicken Quesadilla Veggie Chili (VG) Diced Carrots 30	**BREAKFAST** Blueberry Bagel & Cream Cheese **LUNCH** Flame Broiled Cheeseburger Cheese Pizza (VG) Lettuce w/Ranch 31			

celebrate national school lunch week!

October 10-13 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

October features our new Creamy Tomato Curry with Grilled Chicken Bites! A mild creamy tomato curry sauce over grilled chicken bites and served over seasoned brown rice.