September

PRE-K LUNCH

SFUSD STUDENT NUTRITION SERVICES

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				BREAKFAST Multigrain Cheerios & Mini Dipperdoodle Bar (DF) **LUNCH** Baked Mac Cheese & BBQ Chicken Veggie Chili (VG) Pinto Beans 1
HOLIDAY 4	**BREAKFAST** Cinnamon Chex & Zac Attack Strawberry Bar (DF) **LUNCH** *NEW* Pepper Jack Cheeseburger Cheese Tamale (VG) Lettuce w/Ranch 5	**BREAKFAST** Apple Muffin **LUNCH** *NEW* Jerk Drumstick Chicken Italian “Sausage” Calzoni (VG) Diced Carrots 6	**BREAKFAST** Plain Bagel & Cream Cheese **LUNCH** Pasta Zesty Beef Cheese Enchiladas (VG) Cucumber 7	**BREAKFAST** Zee Zees Berry Apple Crisp Bar (DF) **LUNCH** Jumbo Caribbean Meatball Baked Mac Cheese & Baked BBQ Beans (VG) Corn 8
BREAKFAST Mini Dipperdoodle Bar & String Cheese **LUNCH** Buffalo Crunchadilla Pancakes w/Omelet (VG) Diced Carrots 11	**BREAKFAST** Hard Boiled Egg & Dinner Roll **LUNCH** Hot Dog (DF) Cheese Pizza (VG) Broccoli w/Ranch 12	**BREAKFAST** Banana Muffin **LUNCH** General Tso’s Chicken (DF) Spaghetti Marinara (VG) Kidney Beans 13	**BREAKFAST** Blueberry Bagel & Cream Cheese **LUNCH** Fiesta Scoops (VG) Cheesy Ravioli (VG) Cucumber 14	**BREAKFAST** Yogurt & Dick and Jane Crackers **LUNCH** Chicken Potstickers (DF) Pasta Alfredo (VG) Corn 15
BREAKFAST Corn Chex & Mini Dipperdoodle Bar (DF) **LUNCH** Spicy Chicken & Cheese Eggel Sandwich Cheese Enchiladas (VG) Diced Carrots 18	**BREAKFAST** Plain Bagel & Cream Cheese **LUNCH** Uncle Ted’s BBQ Drumsticks Bean and Cheese Quesadilla (VG) Corn 19	**BREAKFAST** Zac Omega Blackberry Bar (DF) **LUNCH** Flamebroiled Beef Cheeseburger Cheese Pizza (VG) Lettuce w/Ranch 20	**BREAKFAST** Lemon Muffin **LUNCH** Chicken Tamale (DF) Italian “Sausage” Calzoni (VG) Pinto Beans 21	**BREAKFAST** Yogurt & Granola **LUNCH** Hot Meatball Sub Cheese Tamale (VG) Cucumber 22
BREAKFAST Mini Dipperdoodle Bar & String Cheese **LUNCH** Hot Dog (DF) Cheese Pizza (VG) Broccoli w/Ranch 25	**BREAKFAST** French Toast Muffin **LUNCH** General Tso’s Chicken (DF) Pancakes w/Omelet (VG) Black Beans 26	**BREAKFAST** Plain Bagel & Cream Cheese **LUNCH** Spaghetti and Meatballs (DF) Cheese Lasagna (VG) Corn 27	**BREAKFAST** Cinnamon Crumble **LUNCH** Fiesta Scoops (VG) Cheese Ravioli (VG) Cucumber 28	**BREAKFAST** Zee Zees Berry Apple Crisp Bar (DF) **LUNCH** Turkey and Cheese Flatbread Sandwich Pasta Alfredo (VG) Diced Carrots 29

What's New?

Need more spice in your life? Look no further! Introducing our new drumstick entrée: Jerk chicken with pineapple carrot rice! Zesty Caribbean jerk glazed chicken drumstick over rice with carrots, pineapples and black beans. You’ll definitely want to try this!

Look for it on the menu on 9/6!