

# July

## BREAKFAST & LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> Dipperdoodle Bar (DF)  <b>LUNCH</b> Flame Broiled Beef Burger (DF) Cheese Ravioli (VG) Baby Carrots <b>3</b>	<b>HOLIDAY</b> <b>4</b>	<b>BREAKFAST</b> Cinnamon Skeeter & Cinnamon Rumbles  <b>LUNCH</b> Mighty Meaty Deli Combo Egg & Cheese Panada Pie (VG) <b>5</b>	<b>BREAKFAST</b> Yogurt & Granola  <b>LUNCH</b> Turkey Cheese Flatbread Sandwich Veggie Chef Salad Broccoli w/Ranch <b>6</b>	<b>BREAKFAST</b> Plain Bagel & Cream Cheese  <b>LUNCH</b> Hot Dog (DF) Cheese Pizza Celery Sticks <b>7</b>
<b>BREAKFAST</b> Zee Zees Berry Apple Crisp Bar (DF)  <b>LUNCH</b> Chicken Taco Trio Pancakes w/Omelet (VG) Edamame <b>10</b>	<b>BREAKFAST</b> Cinnamon Crumble  <b>LUNCH</b> Buffalo Chicken Crunchailla Spaghetti Marinara (VG) Corn <b>11</b>	<b>BREAKFAST</b> Blueberry Bagel & Cream Cheese  <b>LUNCH</b> Hot Dog (DF) Cheese Pizza (VG) Baby Carrots <b>12</b>	<b>BREAKFAST</b> Yogurt & Granola  <b>LUNCH</b> Uncle Ted's Drumsticks Bean Cheese Quesadilla (VG) Broccoli <b>13</b>	<b>BREAKFAST</b> String Cheese & Skeeter Cinnamon Grahams  <b>LUNCH</b> Spicy Chicken Eggel Sandwich Panada Pie (VG) Cucumber <b>14</b>
<b>BREAKFAST</b> Zac Blackberry Bar  <b>LUNCH</b> Pancake w/Sausage Cheese Lasagna (VG) Corn <b>17</b>	<b>BREAKFAST</b> Blueberry Muffin  <b>LUNCH</b> Calzoni Pizza (VG) Mighty Meaty Deli Sandwich Three Bean Salad <b>18</b>	<b>BREAKFAST</b> Plain Bagel & Cream Cheese  <b>LUNCH</b> Flame Broiled Beef Burger (DF) Hummus Dipper (VG) Lettuce w/Ranch <b>19</b>	<b>BREAKFAST</b> Yogurt & Dick & Jane Crackers  <b>LUNCH</b> Chicken Potsticker (DF) Pasta Alfredo (VG) Celery Sticks <b>20</b>	<b>BREAKFAST</b> Honey Buttons Cereal  <b>LUNCH</b> Hot Dog (DF) Cheese Pizza (VG) Baby Carrots <b>21</b>
<b>BREAKFAST</b> Mini Dipperdoodle & String Cheese  <b>LUNCH</b> Flame Broiled Beef Burger (DF) Bean Cheese Burrito (VG) Baby Carrots <b>24</b>	<b>BREAKFAST</b> Blueberry Bagel & Cream Cheese  <b>LUNCH</b> Uncle Ted's Drumstick Pancakes w/Omelet Corn <b>25</b>	<b>BREAKFAST</b> Apple Muffin  <b>LUNCH</b> Buffalo Chicken Crunchadilla Spaghetti Marinara (VG) Cucumber <b>26</b>	<b>BREAKFAST</b> Plain Bagel & Cream Cheese  <b>LUNCH</b> Hot Dog (DF) Cheese Pizza (VG) Broccoli w/ Ranch <b>27</b>	<b>BREAKFAST</b> Zee Zees Berry Apple Crisp Bar (DF)  <b>LUNCH</b> Spicy Chicken Eggel Sandwich Panada Pie Edamame <b>28</b>
<b>BREAKFAST</b> Dipperdoodle Bar (DF)  <b>LUNCH</b> Flame Broiled Beef Burger (DF) Cheese Ravioli (VG) Baby Carrots <b>31</b>				

### What's New?

Revolution Foods serves fresh food made with real ingredients. There's a lot you *won't* find in our meals including:  
 No artificial colors, flavors, or sweeteners.  
 No high fructose corn syrup, MSG.  
 No partially or fully hydrogenated fats or oils  
 No added nitrites/nitrates

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (VG)** options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

*This institution is an equal opportunity provider*

got a thought? we want to hear from you.  
 find us on facebook or send us a tweet! @SFUSDsSchoolFood

