

Middle & High SEPTEMBER LUNCH

BACK to SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. **What's your new goal?**



Learn more about our *new website at revolutionfoods.com!

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

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

- o **Vegetable** of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7

10

11

12

13

14

15

18

19

20

21

24

25

2

27

28

beef hot dog (DF)
cheesy ravioli (V)
buffalo chicken crunchadilla
hummus dippers (V)

baby carrots w/ ranch

chicken potstickers w/ not so fried rice
cheese pizza (V)
bean & cheese pupusa (V)
bbq chicken wrap

seasoned green beans

chicken teriyaki w/ brown rice (DF)
breakfast for lunch: pancakes w/ omelet (V)
pepperjack cheese burger
mighty meaty deli combo

chili citrus corn

chicken taco trio
scoops w/ black bean & green chile cheese dip (V)
lone star bbq chicken sandwich
chicken Caesar salad

broccoli carrot

flame broiled beef cheeseburger
cheese pizza (V)
flame broiled beef hamburger (DF)
sesame chicken salad

coleslaw

breakfast for lunch: pancakes w/ sausage
five cheese lasagna (V)
hawaiian meatballs w/ island style rice
honey mustard chicken wrap

broccoli w/ ranch

chili citrus drumstick w/ rice (DF)
rainbow veggie pizza (V)
scoops w/ chicken & green chile cheese dip
turkey & cheddar sandwich

pinto beans / grape tomatoes

creamy chicken alfredo
cheese pizza (V)
spicy chicken chorizo & cheese eggel sandwich
garden ranch salad w/ chicken

orany carrots

beef hot dog (DF)
baked mac & cheese w/ bbq baked beans
general tso's chicken
chicken salad sandwich (DF)

corn

flame broiled beef cheeseburger
bean & cheese pupusa (V)
flamebroiled beef hamburger (DF)
mighty meaty deli turkey sandwich

baby carrots

chicken taco trio
spaghetti w/ marinara (V)
lone star bbq chicken sandwich
honey mustard salad w/ grilled chicken

chili citrus corn

scoops w/ chicken & green chile cheese dip
rainbow veggie pizza (V)
chicken teriyaki w/ brown rice (DF)
turkey & cheddar sandwich

cucumber tomato salad

bbq beef flatbread melt
creamy pasta alfredo (V)
pasta w/ zesty beef
sesame chicken wrap (DF)

pinto beans / broccoli

beef hot dog (DF)
mama's tamale (mild green chile & cheese) (V)
cheesy ravioli (V)
hummus dippers (V)

lettuce & tomatoes w/ ranch

spicy chicken chorizo & cheese eggel sandwich
cheese pizza calzone (V)
chicken enchiladas
taco dippers kit (V)

seasoned green beans

uncle ted's bbq chicken drumstick w/ cheesy rice
Italian calzoni (V)
firecracker chicken w/ sesame noodles
chicken Caesar wrap

orany carrots

spaghetti & meatballs (DF)
five cheese lasagna (V)
pancakes w/ sausage
turkey & cheddar sandwich

pinto beans / edamame/ grape tomatoes

grilled chicken w/ bbq beans (DF)
fiesta scoops w/ three layer dip (V)
general tso's chicken
chicken salad sandwich (DF)

corn

flame broiled beef cheeseburger
cheese pizza (V)
flamebroiled beef hamburger (DF)
garden ranch salad w/ chicken

lettuce & tomatoes w/ ranch