

# September

## LUNCH

revolution **foods.**  
feeding good™

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>• kickin' chicken parm pasta</li> <li>• mac &amp; cheese and bbq chicken</li> <li>• sunny sandwich kit (sunbutter &amp; jelly) (v)</li> <li>• turkey &amp; cheddar sandwich</li> <li>• fresh fruit</li> <li>◦ glazed carrots</li> </ul>
<ul style="list-style-type: none"> <li>• crispy chicken sandwich (df)</li> <li>• spaghetti marinara (v)</li> <li>• ham &amp; cheese sandwich</li> <li>• fresh fruit</li> <li>◦ blanched broccoli (chilled) &amp; warm pinto beans</li> </ul>	<ul style="list-style-type: none"> <li>• bfast for lunch: pancakes &amp; omelet (v)</li> <li>• meatless "sausage" calzoni</li> <li>• bbq chicken wrap</li> <li>• turkey &amp; cheddar sandwich</li> <li>• fresh fruit</li> <li>◦ celery sticks with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>• buffalo chicken sandwich</li> <li>• veggie chef's salad (v)</li> <li>• chicken salad sandwich (df)</li> <li>• fresh fruit</li> <li>◦ lettuce &amp; tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• chicken potstickers (df)</li> <li>• chorizo &amp; cheese eggwich (egg sandwich)</li> <li>• honey mustard chicken wrap</li> <li>• sunny sandwich kit (sunbutter &amp; jelly) (v)</li> <li>• fresh fruit</li> <li>◦ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• green chile &amp; cheese tamale (v)</li> <li>• general tso's chicken</li> <li>• mighty meaty deli combo sandwich</li> <li>• garden ranch salad with chicken</li> <li>• fresh fruit</li> <li>◦ glazed carrots</li> </ul>
<ul style="list-style-type: none"> <li>• cheese enchilada plate (v)</li> <li>• chicken bites (df)</li> <li>• honey mustard salad with grilled chicken</li> <li>• turkey &amp; cheddar sandwich</li> <li>• fresh fruit</li> <li>◦ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• chicken taco trio</li> <li>• pepperjack cheeseburger</li> <li>• veggie taco salad (v)</li> <li>• ham &amp; cheese sandwich</li> <li>• fresh fruit</li> <li>◦ baby carrots &amp; seasoned black beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• red chile chicken tamale</li> <li>• firecracker chicken &amp; noodles</li> <li>• chicken "pizza party" salad</li> <li>• southwest veggie wrap (v)</li> <li>• fresh fruit</li> <li>◦ blanched broccoli with ranch (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• the revolution dog (df)</li> <li>• sloppy joe (df)</li> <li>• sesame chicken salad</li> <li>• egg salad sandwich (v) (df)</li> <li>• fresh fruit</li> <li>◦ coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• beefy bean &amp; cheese burrito</li> <li>• cheesy ravioli (v)</li> <li>• Santa Fe Chili Chicken &amp; Black Bean Wrap</li> <li>• cheddar cheese sandwich (v)</li> <li>• fresh fruit</li> <li>◦ steamed carrots</li> </ul>
<ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>• cheese pizza (v)</li> <li>• sesame chicken wrap (df)</li> <li>• mighty meaty deli combo sandwich</li> <li>• fresh fruit</li> <li>◦ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• mac &amp; cheese and chicken bites</li> <li>• turkey cheddar flatbread melt</li> <li>• honey mustard chicken wrap</li> <li>• egg salad sandwich (v) (df)</li> <li>• fresh fruit</li> <li>◦ sliced cucumber with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• bbq chicken quesadilla</li> <li>• bfast for lunch: pancakes &amp; chicken sausage</li> <li>• garden ranch salad with chicken</li> <li>• sunny sandwich kit (sunbutter &amp; jelly) (v)</li> <li>• fresh fruit</li> <li>◦ lettuce &amp; tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• chicken teriyaki (df)</li> <li>• jerk dumstick &amp; pineapple carrot rice</li> <li>• veggie taco salad (v)</li> <li>• turkey &amp; cheddar sandwich</li> <li>• fresh fruit</li> <li>◦ baby carrots &amp; edamame beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• kickin' chicken melt</li> <li>• bean &amp; cheese quesadilla (v)</li> <li>• ham &amp; cheese sandwich</li> <li>• chillin' chinese chicken noodles</li> <li>• fresh fruit</li> <li>◦ glazed carrots</li> </ul>
<ul style="list-style-type: none"> <li>• chicken bites (df)</li> <li>• creamy pasta alfredo (v)</li> <li>• bbq chicken wrap</li> <li>• turkey &amp; cheddar sandwich</li> <li>• fresh fruit</li> <li>◦ celery sticks with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• lone star bbq chicken sandwich</li> <li>• mac &amp; cheese and chicken sausages</li> <li>• veggie chef's salad (v)</li> <li>• mighty meaty deli combo sandwich</li> <li>• fresh fruit</li> <li>◦ baby carrots &amp; warm pinto beans</li> </ul>	<ul style="list-style-type: none"> <li>• green chile &amp; cheese tamale (v)</li> <li>• bbq chicken drumstick</li> <li>• honey mustard salad with grilled chicken</li> <li>• egg salad sandwich (v) (df)</li> <li>• fresh fruit</li> <li>◦ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• the revolution dog (df)</li> <li>• oven roasted chicken sandwich (df)</li> <li>• chicken caesar salad</li> <li>• ham &amp; cheese sandwich</li> <li>• fresh fruit</li> <li>◦ blanched broccoli (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>• jumbo caribbean meatball &amp; rice (df)</li> <li>• buffalo chicken pizza</li> <li>• southwest veggie wrap (v)</li> <li>• chicken salad sandwich (df)</li> <li>• fresh fruit</li> <li>◦ glazed carrots</li> </ul>

## Did You Know?

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.

◦ Vegetable of the day

*This institution is an equal opportunity provider*

