

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 us on our *new* website at [revolutionfoods.com!](http://revolutionfoods.com)

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

Vegetarian (V) options available daily

- **Vegetable** of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7

10

- chicken bites (df)
- creamy chicken alfredo
- cheddar cheese sandwich (v)
- baby carrots

11

- classic chicken parm pasta
- cheesy chicken quesadilla
- hummus dippers (vg)
- green peas

12

- wicked big fish sandwich (df)
- bean and cheese pupusa (v)
- mighty meaty deli combo
- coleslaw

13

- hot meatball sub
- crispy chicken sandwich (df)
- veggie chef salad (v)
- edamame/ grape tomatoes

14

- buffalo chicken pizza
- flame broiled cheeseburger
- sunbutter & jelly sandwich (v)
- chopped lettuce/ sliced tomatoes w/ ranch

17

- classic spaghetti and meatballs
- lone star bbq chicken sandwich
- hummus dippers (v)
- corn and tomato salad

18

- cheese enchilada (v)
- philly cheesesteak sandwich
- taco veggie salad (v)
- garbanzo beans/ baby carrots

19

- chicken teriyaki w/ brown rice (df)
- pepper jack cheeseburger
- sunbutter & jelly sandwich (v)
- island glazed carrots

20

- baked mac & cheese w/ bbq chicken
- bean and cheese quesadilla (v)
- sesame chicken salad
- sliced cucumber w/ ranch

21

- cheese pizza (v)
- kickin' chicken parm pasta
- chicken caesar salad
- broccoli florets

24

- creamy tomato curry w/ chicken
- hearty veggie chili w/ corn bread (v)
- mighty meaty deli combo
- baby carrots w/ranch

25

- chicken bites (df)
- kickin' chicken alfredo
- veggie chef salad (v)
- three bean salad/ grape tomatoes

26

- flame broiled cheeseburger
- bean and cheese pupusa (v)
- garden ranch salad w/ chicken
- chopped lettuce/ sliced tomatoes

27

- bbq chicken drumstick w/ cheesy rice
- cheesy chicken quesadilla
- cheddar cheese sandwich (v)
- coleslaw

28

- cheese pizza (v)
- sweet garlic noodles w/ chicken
- honey mustard salad w/ grilled chicken bites
- chili citrus corn