









September 2023

# Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/ Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams 	Banana Bread	French Toast Sticks 	Vanilla Mini Loaf & String Cheese
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple	Banana & Pear	Pear & Apple
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cheerios Cereal w/ Honey Grahams
	Cinnamon Crumble	Berry Apple Crisp Bar	English Muffin Breakfast Sandwich 	Bagel w/ Cream Cheese
	Apple & Pear	100% Fruit Juice & Apple	Banana & Pear	Pear & Apple
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Vanilla Muffin	Cheerios Cereal w/ Honey Grahams
Mantecada Sweet Bread	Breakfast Cheese Tamale 	Cinnamon Roll	Pancake Stack Syrup 	Cranberry Oatmeal Round
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple	Banana & Pear	Pear & Apple
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha w/ Pear	Cinnamon Chex Cereal w/ Honey Grahams	Lemon Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Delight Bar	Yogurt Parfait w/ Berries Honey Grahams	Banana Bread	French Toast Sticks 	Vanilla Mini Loaf & String Cheese
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple	Banana & Pear	Pear & Apple
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Frosted Flakes Cereal w/ Honey Grahams	Vanilla Concha	Cinnamon Chex Cereal w/ Honey Grahams	Blueberry Muffin	Cheerios Cereal w/ Honey Grahams
Cinnamon Crumble	Cinnamon Waffles Syrup 	Berry Apple Crisp Bar	Scrambled Egg & Cheese Breakfast Sandwich 	Bagel w/ Cream Cheese
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple	Banana & Pear	Pear & Apple

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.

September 2023

# Lunch Menu K-8



Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries</b>	<b>Baked Ziti w/ Meat Sauce</b>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Turkey Nachos Poptillas Chips</b>	<b>Deep Dish Pepperoni Pizza</b>
<b>COLD ENTREES OF THE DAY</b>				
<b>Turkey &amp; Cheese Torta <i>Side of Baked Fries</i></b>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll <i>Baby Carrots</i></b>	<b>Chicken Salad Sandwich <i>Celery Sticks</i></b>	<b>Italian Turkey Submarine <i>Garbanzo Bean &amp; Tomato Salad</i></b>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll</b>
<b>Double Cheese Torta <i>Side of Baked Fries</i></b>	<b>Soy Butter &amp; Jelly Sandwich <i>Baby Carrots</i></b>	<b>Build Your Own Cheese Pizza Kit <i>Marinara Sauce</i></b>	<b>Artisan Cheese Sandwich <i>Garbanzo Bean &amp; Tomato Salad</i></b>	<b>Egg Salad Sandwich</b>
<b>ENTREE SALAD OF THE DAY</b>				
		<b>Vegetable Chef Salad w/ Egg &amp; Cheese <i>Poptillas Chips Ranch Dressing</i></b>	<b>Chicken Taco Salad <i>Poptillas Chips Ranch Dressing</i></b>	<b>Chicken Caprese Salad <i>Poptillas Chips Italian Dressing</i></b>
<b>FEATURED ENTREE OF THE DAY</b>				
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
<b>Chicken Patty Burger Oven Baked Fries</b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Chicken Enchilada w/ Creamy Green Salsa</b>	<b>Turkey &amp; Bean Chili Poptillas Chips</b>	<b>Beef, Bean &amp; Cheese Burrito</b>
<b>Cheese Melt Oven Baked Fries</b>	<b>Cheesy Alfredo Pasta w/ Steamed Broccoli</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	<b>Chicken Nuggets w/ Roasted Potatoes</b>	<b>Firecracker Chicken w/ Yakisoba Noodles Cabbage &amp; Carrots</b>	<b>Chicken Burrito Bowl w/ Black Beans &amp; Rice</b>	<b>Hamburger</b>
	<b>Sunbutter, String Cheese, Wheat Crackers, Baby Carrot &amp; Apple</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
<b>Grilled Chicken Sandwich Oven Baked Fries <i>BBQ Sauce Packet</i></b>	<b>Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots</b>	Breakfast for Lunch: <b>Pancake, Egg Patty &amp; Seasoned Potatoes <i>Syrup</i></b>	<b>Chicken Fajitas w/ Pinto Beans <i>Tortillas</i></b>	<b>Macaroni &amp; Cheese</b>
<b>Cheese Melt Oven Baked Fries</b>	<b>Cheesy Baked Ziti w/ Marinara Sauce</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
<b>Chicken Patty Burger Oven Baked Fries</b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Chicken Enchilada w/ Creamy Green Salsa</b>	<b>Turkey &amp; Bean Chili Poptillas Chips</b>	<b>Beef, Bean &amp; Cheese Burrito</b>
<b>Cheese Melt Oven Baked Fries</b>	<b>Cheesy Alfredo Pasta w/ Steamed Broccoli</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
<b>Hot Dog Oven Baked Fries</b>	<b>Chicken Nuggets w/ Roasted Potatoes</b>	<b>Firecracker Chicken w/ Yakisoba Noodles Cabbage &amp; Carrots</b>	<b>Chicken Burrito Bowl w/ Black Beans &amp; Rice</b>	<b>Hamburger</b>
<b>Cheese Melt Oven Baked Fries</b>	<b>Cheese Lasagna w/ Marinara Sauce</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
<i>100% Fruit Juice</i>	<i>Orange</i>	<i>Banana</i>	<i>Apple</i>	<i>Orange</i>

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September 2023

# Lunch Menu 9-12



Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries</b>	<b>Baked Ziti w/ Meat Sauce Wheat Crackers</b>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Turkey Nachos Poptillas Chips</b>	<b>Deep Dish Pepperoni Pizza</b>
<b>COLD ENTREES OF THE DAY</b>				
<b>Turkey &amp; Cheese Torta Side of Baked Fries</b>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll Baby Carrots</b>	<b>Chicken Salad Sandwich Celery Sticks</b>	<b>Italian Turkey Submarine Garbanzo Bean &amp; Tomato Salad</b>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll</b>
<b>Double Cheese Torta Side of Baked Fries</b>	<b>Soy Butter &amp; Jelly Sandwich Baby Carrots</b>	<b>Build Your Own Cheese Pizza Kit Marinara Sauce</b>	<b>Artisan Cheese Sandwich Garbanzo Bean &amp; Tomato Salad</b>	<b>Egg Salad Sandwich</b>
<b>ENTREE SALAD OF THE DAY</b>				
		<b>Vegetable Chef Salad w/ Egg &amp; Cheese Poptillas Chips Ranch Dressing</b>	<b>Chicken Taco Salad Poptillas Chips Ranch Dressing</b>	<b>Chicken Caprese Salad Poptillas Chips Italian Dressing</b>
<b>FEATURED ENTREE OF THE DAY</b>				
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
<b>Chicken Patty Burger Oven Baked Fries</b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Turkey &amp; Bean Chili Poptillas Chips</b>	<b>Beef, Bean &amp; Cheese Burrito</b>
<b>Cheese Melt Oven Baked Fries</b>	<b>Cheesy Alfredo Pasta w/ Steamed Broccoli</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice &amp; Orange</i>	<i>Orange &amp; Apple</i>	<i>Banana &amp; Pear</i>	<i>Apple &amp; Orange</i>	<i>Orange &amp; Apple</i>
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	<b>Chicken Nuggets w/ Roasted Potatoes Pretzels</b>	<b>Firecracker Chicken w/ Yakisoba Noodles Cabbage &amp; Carrots</b>	<b>Chicken Burrito Bowl w/ Black Beans &amp; Rice</b>	<b>Hamburger</b>
	<b>Sunbutter, String Cheese, Wheat Crackers, Baby Carrot &amp; Apple</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Jicama Sticks</i>	<i>Lettuce, Tomatoes, Pickles Kit</i>
	<i>Orange &amp; Apple</i>	<i>Banana &amp; Pear</i>	<i>Apple &amp; Orange</i>	<i>Orange &amp; Pear</i>
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
<b>Grilled Chicken Sandwich Oven Baked Fries BBQ Sauce Packet</b>	<b>Chicken Teriyaki Not So Fried Rice w/ Steamed Carrots</b>	<b>Breakfast for Lunch: Pancake , Egg Patty &amp; Seasoned Potatoes Syrup</b>	<b>Chicken Fajitas w/ Pinto Beans Tortillas</b>	<b>Macaroni &amp; Cheese</b>
<b>Cheese Melt Oven Baked Fries</b>	<b>Cheesy Baked Ziti w/ Marinara Sauce</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
<i>Baby Carrots</i>	<i>Baby Carrots</i>	<i>Celery Sticks</i>	<i>Cucumber Slices w/ Tajin</i>	<i>Romaine Side Salad w/ Ranch</i>
<i>100% Fruit Juice &amp; Orange</i>	<i>Orange &amp; Apple</i>	<i>Banana &amp; Pear</i>	<i>Apple &amp; Orange</i>	<i>Orange &amp; Pear</i>
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
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25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
<b>Hot Dog Oven Baked Fries</b>	<b>Chicken Nuggets w/ Roasted Potatoes Pretzels</b>	<b>Firecracker Chicken w/ Yakisoba Noodles Cabbage &amp; Carrots</b>	<b>Chicken Burrito Bowl w/ Black Beans &amp; Rice</b>	<b>Hamburger</b>
<b>Cheese Melt Oven Baked Fries</b>	<b>Cheese Lasagna w/ Marinara Sauce Wheat Crackers</b>	<b>Cheese Tamale w/ Black Beans</b>	<b>Bean &amp; Cheese Pupusa w/ Pinto Beans</b>	<b>Deep Dish Cheese Pizza</b>
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This menu is free of the top 9 allergens

# Allergy Friendly Meals Weekly Menu



Monday	Tuesday	Wednesday	Thursday	Friday																																
<b>BREAKFAST</b>																																				
Cinnamon Chex Bowl, Strawberry Rockinola Granola, & Fruit*, Milk Option*	GF Cheerios Bowl, Chocolate Rockinola Granola & Fruit*, Milk Option*	Cocoa Krispies Bowl, Cinnamon Rockinola Granola, Fruit*, Milk Option*	Rice Krispies Bowl, Strawberry Rockinola Granola, Fruit*, Milk Option*	Corn Chex Bowl, Chocolate Rockinola Granola & Fruit*, Milk Option*																																
<b>LUNCH</b>																																				
Burrito Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option* 2M, 2G, 1C Veg.	California Turkey and Vegetable Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.																																
<b>SNACK</b>																																				
Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*	Hummus & Corn Chips	Rockinola Granola, Fruit*	Corn Chips, Fritos, Fruit*																																
<b>SUPPER</b>																																				
Beef and Veggie Bowl with Zucchini, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Chicken Fajitas Bowl with Green Beans, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Burrito Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.	California Turkey and Vegetable Bowl, Fruit*, Milk Option* 2M, 2G, 1C Veg.	Turkey Marinara Bowl with Green Peas, Fruit*, Milk Option* 2M, 2G, 1C Veg.																																
<b>FIELD TRIP</b>																																				
Hummus Cup, Corn Chips Fritos, Sunbutter Cup, RockinOla Granola Apple Sauce 4.5oz, Paradise Punch Vegetable Juice 4oz																																				
<b>Safe Handling Instructions for Frozen Entrees</b>																																				
Keep the lunch food frozen/refrigerated until ready to cook and serve.																																				
Tear open the side of the film and place the tray in the microwave and microwave on high for 3-5 minutes.																																				
Ensure the internal temperature reaches 165°F; otherwise, place the plate in the microwave again and heat it for an additional 2-3 minutes/ until reaches the 165 °F. Allow the food to rest for 1 minute. Handle with care. The content is hot. For conventional oven, set the oven temperature at 300°F and heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F.																																				
<b>Our Allergen Management Plan</b>																																				
Revolution Foods takes food safety and customer safety seriously. We have an allergen management plan in place that prevent allergen cross-contamination. This meal is free of major 9 allergens and manufactured on a validated clean line. The sanitation process is verified by performing allergen residue testing. Every production batch is being tested against the below-listed allergies up to the stated limit of detection (LOD) using an accredited test method.																																				
<b>Warning:</b> Although these meals don't contain any fish ingredients, the validation test is not being performed in our kitchen.																																				
<b>Note:</b> This meal doesn't contain the top 9 allergens as an ingredient, and the tests are for safety and to detect any possible cross-contamination. LOD (Limit of Detection) indicates the minimum amount of protein residues that the analysis method can detect in the case of presence and doesn't indicate the allergen exists in the meal.																																				
<table border="1"> <thead> <tr> <th>Target Allergen</th> <th>LOD (Limit of Detection)</th> </tr> </thead> <tbody> <tr><td>Almond Protein</td><td>2 ppm</td></tr> <tr><td>Brazil Nut Protein</td><td>5 ppm</td></tr> <tr><td>Cashew/Pistachio Protein</td><td>2 ppm</td></tr> <tr><td>Coconut Protein</td><td>10 ppm</td></tr> <tr><td>Crustacean Protein</td><td>2 ppm</td></tr> <tr><td>Whole Egg Protein</td><td>2 ppm</td></tr> <tr><td>Soy Protein</td><td>2 ppm</td></tr> </tbody> </table>		Target Allergen	LOD (Limit of Detection)	Almond Protein	2 ppm	Brazil Nut Protein	5 ppm	Cashew/Pistachio Protein	2 ppm	Coconut Protein	10 ppm	Crustacean Protein	2 ppm	Whole Egg Protein	2 ppm	Soy Protein	2 ppm	<table border="1"> <thead> <tr> <th>Target Allergen</th> <th>LOD (Limit of Detection)</th> </tr> </thead> <tbody> <tr><td>Gluten Protein</td><td>4 ppm</td></tr> <tr><td>Hazelnut Protein</td><td>5 ppm</td></tr> <tr><td>Macadamia nut Protein</td><td>2 ppm</td></tr> <tr><td>Total Milk Protein</td><td>1 ppm</td></tr> <tr><td>Peanut Protein</td><td>1 ppm</td></tr> <tr><td>Walnut Protein</td><td>10 ppm</td></tr> <tr><td>Sesame Protein</td><td>5 ppm</td></tr> </tbody> </table>			Target Allergen	LOD (Limit of Detection)	Gluten Protein	4 ppm	Hazelnut Protein	5 ppm	Macadamia nut Protein	2 ppm	Total Milk Protein	1 ppm	Peanut Protein	1 ppm	Walnut Protein	10 ppm	Sesame Protein	5 ppm
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