

# September

revolutionfoods.

## BREAKFAST NSLP K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>turkey, egg and cheese brekwich</li> <li>blueberry muffin</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> <li>labor day</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>zee zees berry apple crisp bar(DF)</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>classic chicken sausage and cheddar bagel sandwich</li> <li>lemon muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>cinnamon toast bagel</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>turkey, pepper jack cheese, and omelet gordita</li> <li>blueberry burst whole grain bagel/cream cheese</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> <li>dipperdoodle bar (DF)</li> <li>multigrain cheerios/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>omelet w/ cheese</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>pancakes w/ syrup</li> <li>french toast muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>mini cheese omelet with french toast stick</li> <li>plain whole wheat bagel/cream cheese</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>cinnamon toast bagel</li> <li>blueberry muffin</li> <li>cinnamon chex/zac attack (DF)</li> </ul> <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> <li>zee zees berry apple crisp bar (DF)</li> <li>cheerios/mini dipperdoodle bar (DF)</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>french toast sticks</li> <li>yogurt/granola</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>classic chicken sausage and cheddar bagel sandwich</li> <li>lemon muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>cinnamon toast bagel</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>turkey, pepper jack cheese, and omelet gordita</li> <li>blueberry burst whole grain bagel/cream cheese</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> <li>dipperdoodle bar (DF)</li> <li>multigrain cheerios/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>omelet w/ cheese</li> <li>breakfast cinnamon crumble</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>pancakes w/ syrup</li> <li>french toast muffin</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>breakfast panada pie with eggs, cheese, and green chilies</li> <li>plain whole wheat bagel/cream cheese</li> <li>assorted cereal (DF)</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>turkey, egg and cheese brekwich</li> <li>blueberry muffin</li> <li>cinnamon chex/zac attack strawberry (DF)</li> </ul> <p style="text-align: right;">29</p>

### What's New?

Welcome back to school!

We have some of your favorites new on our menu (Cheerios and Chex!).

Look for them on the menu every Friday!

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



# September

## HARMONY LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/ sausage</li> <li>• lone star bbq chicken sandwich</li> <li>• southwest veggie wrap (VG)                             <ul style="list-style-type: none"> <li>○ pinto beans</li> <li>○ baby carrots w/ ranch</li> </ul> </li> </ul> <p style="text-align: right;"><b>1</b></p>
<ul style="list-style-type: none"> <li>• labor day</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>• hot dog (DF)</li> <li>• mama's tamale (VG)</li> <li>• chicken salad sandwich (DF)                             <ul style="list-style-type: none"> <li>○ chilled green beans</li> </ul> </li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>• Papa John's Pizza</li> </ul> <p style="text-align: right;"><b>6</b></p>	<ul style="list-style-type: none"> <li>• fiesta scoops with three layer dip (VG)</li> <li>• italian calzoni (VG)</li> <li>• honey mustard chicken wrap                             <ul style="list-style-type: none"> <li>○ broccoli</li> </ul> </li> </ul> <p style="text-align: right;"><b>7</b></p>	<ul style="list-style-type: none"> <li>• baked mac &amp; cheese with chicken sausage combo</li> <li>• chicken taco trio</li> <li>• taco dippers kit (VG)                             <ul style="list-style-type: none"> <li>○ steamed corn</li> </ul> </li> </ul> <p style="text-align: right;"><b>8</b></p>
<ul style="list-style-type: none"> <li>• cheese pizza panada pie (VG)</li> <li>• spicy chicken chorizo and cheese eggel sandwich</li> <li>• garden ranch salad with chicken breast                             <ul style="list-style-type: none"> <li>○ steamed carrots</li> </ul> </li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>• buffalo chicken pizza</li> <li>• cheesy ravioli (VG)</li> <li>• turkey and cheddar sandwich                             <ul style="list-style-type: none"> <li>○ chilled green beans</li> </ul> </li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>• Papa John's Pizza</li> </ul> <p style="text-align: right;"><b>13</b></p>	<ul style="list-style-type: none"> <li>• firecracker chicken with sesame noodles</li> <li>• uncle ted's bbq chicken drumstick w/ cheesy rice</li> <li>• cheddar cheese sandwich (VG)                             <ul style="list-style-type: none"> <li>○ broccoli</li> </ul> </li> </ul> <p style="text-align: right;"><b>14</b></p>	<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/ sausage</li> <li>• five cheese lasagna (VG)</li> <li>• southwest veggie wrap (VG)                             <ul style="list-style-type: none"> <li>○ pinto beans</li> <li>○ baby carrots w/ ranch</li> </ul> </li> </ul> <p style="text-align: right;"><b>15</b></p>
<ul style="list-style-type: none"> <li>• chicken bites (DF)</li> <li>• creamy pasta alfredo (VG)</li> <li>• mighty meaty deli combo sandwich                             <ul style="list-style-type: none"> <li>○ glazed carrots</li> </ul> </li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>• mama's tamale (VG)</li> <li>• jerk drumstick w/ pineapple carrot rice (DF)</li> <li>• chicken salad sandwich (DF)                             <ul style="list-style-type: none"> <li>○ chilled green beans</li> </ul> </li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>• Papa John's Pizza</li> </ul> <p style="text-align: right;"><b>20</b></p>	<ul style="list-style-type: none"> <li>• fiesta scoops with three layer dip (VG)</li> <li>• breakfast for lunch: pancakes w/ omelet (VG)</li> <li>• honey mustard chicken wrap                             <ul style="list-style-type: none"> <li>○ broccoli</li> </ul> </li> </ul> <p style="text-align: right;"><b>21</b></p>	<ul style="list-style-type: none"> <li>• crispy chicken sandwich (DF)</li> <li>• chicken taco trio</li> <li>• taco dippers kit (VG)                             <ul style="list-style-type: none"> <li>○ black beans</li> <li>○ baby carrots w/ ranch</li> </ul> </li> </ul> <p style="text-align: right;"><b>22</b></p>
<ul style="list-style-type: none"> <li>• cheese pizza panada pie (VG)</li> <li>• baked mac &amp; cheese and chicken bites</li> <li>• garden ranch salad w/ chicken breast                             <ul style="list-style-type: none"> <li>○ steamed carrots</li> </ul> </li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>• cheesy ravioli (VG)</li> <li>• kickin chicken melt sandwich</li> <li>• turkey and cheddar sandwich                             <ul style="list-style-type: none"> <li>○ chilled green beans</li> </ul> </li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>• Papa John's Pizza</li> </ul> <p style="text-align: right;"><b>27</b></p>	<ul style="list-style-type: none"> <li>• firecracker chicken w/ sesame noodles</li> <li>• mama's tamale (VG)</li> <li>• honey mustard chicken wrap                             <ul style="list-style-type: none"> <li>○ broccoli</li> </ul> </li> </ul> <p style="text-align: right;"><b>28</b></p>	<ul style="list-style-type: none"> <li>• lone star bbq chicken sandwich</li> <li>• pepper jack cheeseburger</li> <li>• southwest veggie wrap (VG)                             <ul style="list-style-type: none"> <li>○ pinto beans</li> <li>○ baby carrots w/ ranch</li> </ul> </li> </ul> <p style="text-align: right;"><b>29</b></p>

### What's New?

Welcome back to school!

Kid tested and chef crafted NEW meals:

- \* Buffalo Chicken Pizza
- \* Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice
- \* Honey Mustard Salad with Grilled Chicken Bites

Look for them on the menu in September!

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.

○ Vegetable of the day

