June

BREAKFAST

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
• RF Flurries Cereal/ Fruit (DF) 20	• RF Honey Buttons Cereal/Fruit (DF) 21	• Breakfast Cinnamon Crumble/Fruit 22	• Blueberry Muffin/Fruit 23	• Plain Whole Wheat Bagel/Cream Cheese/Fruit 24
• Yogurt/Granola/ Fruit 27	• String Cheese/Skeeter CINN Grahams/Fruit 28	• Lemon Muffin/Fruit 29	• Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit 30	

Customize or Delete

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered once per week.

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

This institution is an equal opportunity provider

July
BREAKFAST

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
				• Blueberry Burst Whole Grain Bagel/ Cream Cheese/Fruit 1
4	• Yogurt/Dick and Janes Smart Crackers/Fruit 5	• Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit 6	• Zac Omega Bar Strawberry (2.5 oz)/ Fruit (DF) 7	• Breakfast Cinnamon Crumble/Fruit 8
• Yogurt/Granola/ Fruit 11	• Blueberry Burst Whole Grain Bagel /Fruit 12	• Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit 13	• Breakfast Cinnamon Crumble/Fruit 14	• String Cheese/ Skeeter CINN Grahams/Fruit 15
• RF Flurries Cereal/ Fruit (DF) 18	• RF Honey Buttons Cereal/Fruit (DF) 19	• Yogurt/Dick and Janes Smart Crackers/Fruit 20	• Blueberry Muffin/Fruit 21	• Plain Whole Wheat Bagel/CreamCheese/ Fruit 22
• Yogurt/Granola/ Fruit 25	• Breakfast Cinnamon Crumble/Fruit 26	• Lemon Muffin/Fruit 27	• RF Honey Buttons Cereal/Fruit (DF) 28	• Blueberry Burst Whole Grain Bagel/ Cream Cheese/Fruit 29

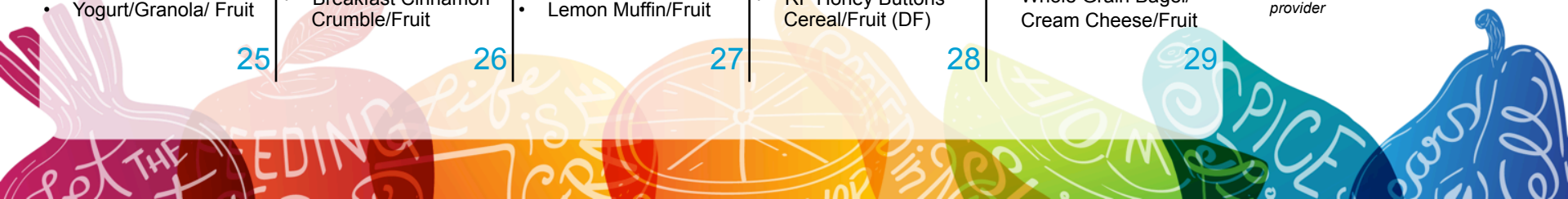
Customize or Delete

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

This institution is an equal opportunity provider



August
BREAKFAST

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
• RF Flurries Cereal/ Fruit (DF) 1	• Yogurt/Dick and Janes Smart Crackers/Fruit 2	• Plain Whole Wheat Bagel/Cream Cheese/ Fruit 3	• Banana Muffin/Fruit 4	• Breakfast Cinnamon Crumble/Fruit 5
• RF Cocoa Bops Cereal/Fruit (DF) 8	• Blueberry Burst Whole Grain Bagel /Fruit 9	• Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit 10	• Breakfast Cinnamon Crumble/Fruit 11	• String Cheese/ Skeeter CINN Grahams/Fruit 12
• RF Flurries Cereal/ Fruit (DF) 15	• RF Honey Buttons Cereal/Fruit (DF) 16	• Breakfast Cinnamon Crumble/Fruit 17	• Blueberry Muffin/Fruit 18	• Plain Whole Wheat Bagel/Cream Cheese/Fruit 19
22	23	24	25	26
29	30	31		

What's New?

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

This institution is an equal opportunity provider

June

LUNCH

revolution foods
feeding good

Updates in Red
Saturday School Options in Purple

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
• Chicken Salad Sandwich (DF) 20	• Turkey Chef's Salad 21	• BBQ Chicken Wrap 22	• Turkey and Cheese Sandwich on a Whole Grain Bun 23	• Chicken and Mozzarella Wrap with Honey Mustard • RF Whole Grain Crackers and Cheese Supper Kit (VG) 24
• Sesame Chicken Wrap (DF) 27	• Chicken Caesar Salad 28	• Chillin' Chinese Chicken Noodles (DF) 29	• Southwest VG Wrap (VG) 30	

Customize or Delete

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

This institution is an equal opportunity provider

July LUNCH

revolution foods. feeding good.

Updates in Red
Saturday School Options in Purple

Monday	Tuesday	Wednesday	Thursday	Friday
				• Chicken and Mozzarella Wrap with Honey Mustard • **Chicken Salad Sandwich (DF)** 1
4	• **Ranch Rumbles and String Cheese Supper Kit** 5	• Southwest Chicken Wrap 6	• Sunbutter and Jelly Sandwich on a Whole Grain Bun (VG) 7	• Chicken Salad Sandwich • **RF Whole Grain Crackers and Sunbutter Supper Kit (VG)** 8
• Chicken and Mozzarella Wrap with Honey Mustard 11	• Sesame Chicken Salad 12	• **Egg Salad Sandwich (VG) (DF)** 13	• Chicken Ranch Wrap 14	• Chillin' Chinese Chicken Noodles • **Ranch Rumbles and String Cheese Supper Kit** 15
• Chicken Salad Sandwich (DF) 18	• Turkey Chef's Salad 19	• BBQ Chicken Wrap 20	• Turkey and Cheese Sandwich on a Whole Grain Bun 21	• Chicken and Mozzarella Wrap with Honey Mustard • **RF Whole-grain crackers and cheese Kit** 22
• Sesame Chicken Wrap (DF) 25	• Chicken Caesar Salad 26	• Chillin' Chinese Chicken Noodles (DF) 27	• **Southwest VG Wrap (VG)** 28	• Chicken and Mozzarella Wrap with Honey Mustard • **Chicken Salad Sandwich (DF)** 29

Customize or delete

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

This institution is an equal opportunity provider

August LUNCH

Updates in Red
Saturday School Options in Purple

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
• Turkey Chef's Salad 1	• **Ranch Rumbles and String Cheese Supper Kit** 2	• Southwest Chicken Wrap 3	• **Sunbutter and Jelly Sandwich on a Whole Grain Bun (VG)** 4	• Chicken Salad Sandwich • **RF Whole Grain Crackers and Sunbutter Supper Kit (VG)** 5
• Chicken and Mozzarella Wrap with Honey Mustard 8	• Sesame Chicken Salad 9	• **Egg Salad Sandwich (DF) (VG)** 10	• Chicken Ranch Wrap 11	• Chillin' Chinese Chicken Noodles (DF) • **Ranch Rumbles and String Cheese Supper Kit** 12
• **Chicken Salad Sandwich (DF)** 15	• Turkey Chef's Salad 16	• BBQ Chicken Wrap 17	• Turkey and Cheese Sandwich on a Whole Grain Bun 18	• Chicken and Mozzarella Wrap with Honey Mustard • **RF Whole-grain crackers and cheese Kit** 19
22	23	24	25	26
29	30	31		

What's New?

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

This institution is an equal opportunity provider

June

SNACK

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
• Skeeter HONEY Grahams/Fruit 20	• Yogurt/Fruit 21	• Revolution Foods Whole Grain Crackers/ String Cheese 22	• Zac Attack Bar Strawberry/Fruit (Snack) 23	• Mini Dipperdoodle (1.3 oz) /Fruit 24
• Zac Attack Bar Apple/ Fruit (Snack) 27	• Skeeter CINNAMON Grahams/Fruit 28	• Honey Roasted Corn Nuts/Fruit 29	• RF Honey Buttons Multigrain Rumbles - Ranch/Fruit 30	

Customize or Delete

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered once per week.

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

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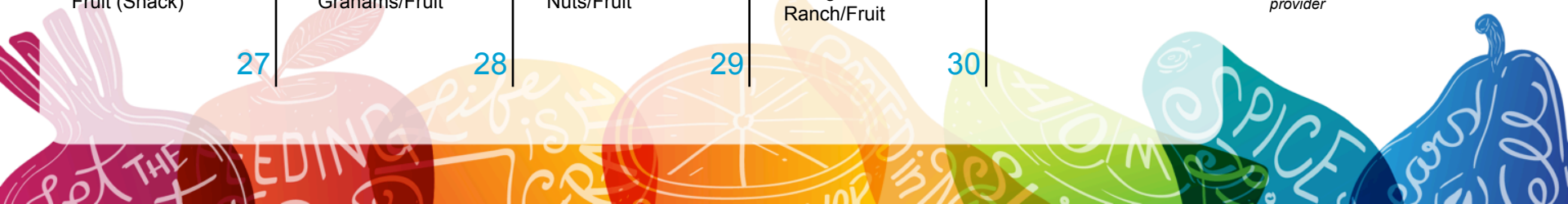

July

SNACK

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
				• Yogurt/Fruit 1
4	• Zac Attack Bar Strawberry/Fruit (Snack) 5	• Cinnamon Rumbles/ Fruit 6	• String Cheese/Fruit 7	• Mini Dipperdoodle / Fruit 8
• Zac Attack Bar Strawberry/Fruit (Snack) 11	• Wholegrain Goldfish Cheese Crackers/ Juice 12	• String Cheese/Fruit 13	• Cinnamon Rumbles/ Fruit 14	• Yogurt/Fruit 15
• Skeeter HONEY Grahams/Fruit 18	• HoneyNutz (Soy Nuts)/Fruit 19	• Dick and Janes Smart Crackers/Fruit 20	• Zac Attack Bar Strawberry/Fruit (Snack) 21	• Granola/String Cheese 22
• Zac Attack Bar Apple/ Fruit (Snack) 25	• Revolution Foods Whole Grain Crackers/Fruit 26	• Mini Dipperdoodle (1.3 oz) /Fruit 27	• Multigrain Rumbles - Ranch/Fruit 28	• Yogurt/Fruit 29

Customize or Delete

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

This institution is an equal opportunity provider

August

SNACK

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
• Dick and Janes Smart Crackers/Fruit 1	• Zac Attack Bar Strawberry/Fruit (Snack) 2	• Goldfish Pretzels/Fruit 3	• Yogurt/Fruit 4	• Mini Dipperdoodle (1.3 oz) /Fruit 5
• Zac Attack Bar Strawberry/Fruit (Snack) 8	• Wholegrain Goldfish Cheese Crackers/ Juice 9	• Blazin Hots Seeds/ Fruit 10	• Cinnamon Rumbles/ Fruit 11	• Yogurt/Fruit 12
• Skeeter HONEY Grahams/Fruit 15	• HoneyNutz (Soy Nuts)/Fruit 16	• Dick and Janes Smart Crackers/Fruit 17	• Zac Attack Bar Strawberry/Fruit (Snack) 18	• Mini Dipperdoodle (1.3 oz) /Fruit 19
22	23	24	25	26
29	30	31		

What's New?

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

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