Mark West Union School District

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	**Sep 2**	**Sep 3**	**Sep 4**
	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Sausage & Cheese Stuffed W affle	Mini Maple Pancakes	Sausage & Cheese Croissant	Mini Strawberry Pancakes
	Fruit: 100%FruitJuice & Pear	**Fruit: Plum & Apple**	**Fruit: Banana & Pear**	**Fruit: AppleSlices& Banana**
Sep 7	**Sep 8**	**Sep 9**	**Sep 10**	**Sep 11**
	Vanilla Conchita with String Cheese	Blueberry Muffin	Croissant with Jelly	Yogurt & Honey Grahams
No School -	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal
Labor Day	Sausage Pancake Sandwich	Egg & Cheese Burrito with Green Salsa	Oatmeal with Blueberries	Mini Maple Pancakes
	Fruit: 100%FruitJuice & Pear	**Fruit: Pear & Apple**	**Fruit: Banana & Pear**	**Fruit: AppleSlices& Banana**
Sep 14	**Sep 15**	**Sep 16**	**Sep 17**	**Sep 18**
Vanilla Concha	Banana Muffin	Bagel & Cream Cheese	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Cheerios Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal
French Toast Sticks	Sausage & Cheese English Muffin Breakfast Sammie	Mini Strawberry Pancakes	W affle	Egg & Cheese Burrito with Green Salsa
Fruit: Apple & Nectarine	**Fruit: 100%FruitJuice & Pear**	**Fruit: Pear & Apple**	**Fruit: Banana & Pear**	**Fruit: AppleSlices& Banana**
Sep 21	**Sep 22**	**Sep 23**	**Sep 24**	**Sep 25**
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Apple Hand Pie	Sausage & Cheese Stuffed W affle	Mini Maple Pancakes	Sausage & Cheese Croissant	Mini Strawberry Pancakes
Fruit: Apple & Nectarine	**Fruit: 100%FruitJuice & Pear**	**Fruit: Plum & Apple**	**Fruit: Banana & Pear**	**Fruit: Apple Slices & Banana**
Sep 28	**Sep 29**	**Sep 30**		
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin		
Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cheerios Cereal		
French Toast Sticks	Sausage Pancake Sandwich	Egg & Cheese Burrito with Green Salsa		
Fruit: Apple & Nectarine	**Fruit: 100% Fruit Juice & Pear**	**Fruit: Pear & Apple**		

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

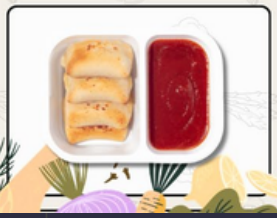
All Grains Are Wholegrain Rich
Menu is Subject to Change

This institution is an equal opportunity provider. Menus are subject to change without notice.

Mark West Union School District

REVOLUTION FOODS
FRESH MADE MEALS

September Menu
LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	**Sep 2**	**Sep 3**	**Sep 4**
	Pasta with Meat Sauce	Cheesy Mozz Bites with Marinara	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
	Bean & Cheese Burrito with Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Turkey Nachos with Refried Beans & Tortilla Chips	Pepperoni Pizza
	Chicken Salad Sandwich with Baby Carrots	Chicken Dumplings with Mixed Veg	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Crispy Chicken Sandwich
	Wow Butter & Jelly Sandwich with Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Turkey & Cheese Sub
Sep 7	**Sep 8**	**Sep 9**	**Sep 10**	**Sep 11**
	Mac & Cheese with Diced Carrots	Chicken Bites with Corn	Cheese Tamale with Black Beans	Cheese Pizza
No School -	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Firecracker Chicken Dumplings Edamame & Peas	Bean & Cheese Pupusa with Pinto Beans	Pepperoni Pizza
Labor Day	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Grilled Cheese Sandwich with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Bean & Cheese Burrito
	Italian Turkey Trio Sub with Baby Carrots	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Roll	Wow Butter & Jelly Sandwich
Sep 14	**Sep 15**	**Sep 16**	**Sep 17**	**Sep 18**
Crispy Chicken Sandwich & Fries	Cheesy Mozz Bites with Marinara	Hot Dog & Fries	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato W edges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Burrito with Baby Carrots	Chicken Tamale with Pinto Beans	Pepperoni Pizza
Turkey & Cheese Sub - Corn with Tajin	Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Baby Carrots	Chicken Teriyaki with Rice & Diced Carrots	Grab 'N Go Chicken Salad, Crackers, & Fava Bean Crisps	Beef & Cheese Burrito
Wow Butter & Jelly Sandwich - Corn with Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Roll
Sep 21	**Sep 22**	**Sep 23**	**Sep 24**	**Sep 25**
Chicken Bites & Fries	Pasta with Meat Sauce	Cheesy Mozz Bites with Marinara	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Turkey Nachos with Refried Beans & Tortilla Chips	Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Dumplings with Mixed Veg	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese Sub - Corn with Tajin	Wow Butter & Jelly Sandwich with Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Turkey & Cheese Sub
Sep 28	**Sep 29**	**Sep 30**		
Cheeseburger & Fries	Mac & Cheese with Diced Carrots	Chicken Bites with Corn		
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Firecracker Chicken Dumplings Edamame & Peas		
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Grilled Cheese Sandwich with Baby Carrots		
Turkey & Cheese Sub - Corn with Tajin	Italian Turkey Trio Sub with Baby Carrots	Asian Chicken Salad with Crispy Noodles		
Extra 1/4 c Veg: Baby Carrots	**Extra 1/4 c. Veg: Celery Sticks**	**Extra 1/4 c. Veg: Cucumber with T a jin**	**Extra 1/4 c. Veg: Jicama Cubes**	**Extra 1/4 c. Veg: Broccoli**
Fruit: 100% Fruit Juice	**Fruit: Apple**	**Fruit: Banana**	**Fruit: Nectarine**	**Fruit: Peach**

Lunch Includes:
Choice of 1% or Fat Free Milk,
Fruit & Vegetable of the Day

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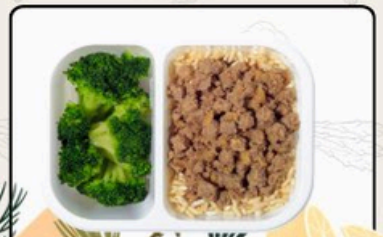
Vegetarian Meals in Green
All Grains Are Wholegrain Rich
Menu is Subject to Change

REVOLUTION FOODS

FRESH MADE MEALS

September Menu

ALLERGEN FRIENDLY



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY BREAKFAST MENU				
Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Corn Chex Cereal Chocolate Rockinola Granola
WEEKLY LUNCH MENU				
Turkey Marinara Bowl w/ Green Peas	Chicken Fajitas Bowl w/ Green Beans	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn

HANDLING INSTRUCTIONS

Keep food frozen/refrigerated until ready to cook and serve. Tear open the side of the film, place the tray in the microwave and microwave on high for 3-5 minutes. Ensure the internal temperature reaches 165°F. Allow the food to rest for 1 minute. For conventional oven, set the oven temperature at 300°F, heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F.

ALLERGEN MANAGEMENT PLAN

Revolution Foods takes food safety & student safety seriously. We have an allergen management plan in place to prevent allergen cross-contamination. This meal is free of major 9 allergens plus gluten 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 listed allergies up to the stated limit of detection (LOD) using an accredited test method. Please note while gluten meets the LOD to be categorized as gluten-free, Revolution Foods is not a certifed gluten-free facility.

Milk Alternatives are available through the A La Carte Menus. (Additional fees may apply.)

Target Allergen	LOD (Limit of Detection)	Target Allergen	LOD (Limit of Detection)
Almond Protein	20 ppm	Gluten Protein	5 ppm
Fish Protein	5 ppm	Hazelnut Protein	20 ppm
Custacean Protein	10 ppm	Total Milk Protein	2.5 ppm
Fish Protein	5 ppm	Peanut Protein	1 ppm
Egg Protein	1.25 ppm	Walnut Protein	2.5 ppm
Soy Protein	1.5 ppm	Sesame Protein	3 ppm