Mark West Union School District

REVOLUTION FOODS
FRESH MADE MEALS

October Menu
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1	**Oct 2**
			Croissant with Jelly	No School
			Cinnamon Chex Cereal	
			Oatmeal with Blueberries	
			Fruit:Banana& Pear	
Oct 5	**Oct 6**	**Oct 7**	**Oct 8**	**Oct 9**
No School	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries	Mini Maple Pancakes
	Fruit: Banana&Apple Slices	**Fruit: Pear&100%Fruit Juice**	**Fruit: AppleSlices& Banana**	**Fruit: Pear & Apple**
Oct 12	**Oct 13**	**Oct 14**	**Oct 15**	**Oct 16**
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Apple Hand Pie	Egg & Cheese Burrito with Green Sal sa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie	Waffle
Fruit: Apple & Pear	**Fruit: Banana&Apple Slices**	**Fruit: Plum&100%Fruit Juice**	**Fruit: AppleSlices& Banana**	**Fruit: Pear & Apple**
Oct 19	**Oct 20**	**Oct 21**	**Oct 22**	**Oct 23**
Cinnamon Swirl	Yogurt & String Cheese	Strawberry Banana Smoothie with Granola	Yogurt & Honey Grahams	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
French Toast Sticks	Mini Maple Pancakes	Egg & Cheese Burrito with Green Sal sa	Sausage & Cheese Stuffed Waffle	Mini Strawberry Pancakes
Fruit: Apple & Pear	**Fruit: Banana&Apple Slices**	**Fruit: Pear&100%Fruit Juice**	**Fruit: AppleSlices& Banana**	**Fruit: Pear & Apple**
Oct 26	**Oct 27**	**Oct 28**	**Oct 29**	**Oct 30**
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Waffle	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Pear	**Fruit: Banana & Apple Slices**	**Fruit: Pear & 100% Fruit Juice**	**Fruit: Apple Slices & Banana**	**Fruit: Pear & Apple**

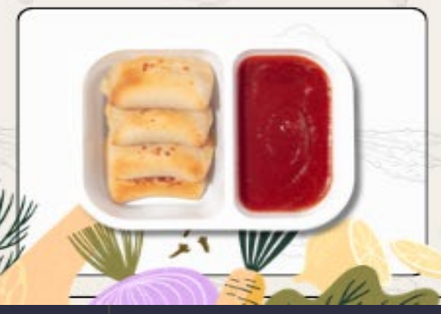
Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change

Mark West Union School District

REVOLUTION FOODS
FRESH MADE MEALS

October Menu
LUNCH



Monday	T uesday	Wednesday	Thursday	Friday
			Oct 1	**Oct 2**
			Cheese Tamale with Black Beans	No School
			Bean & Cheese Pupusa with Pinto Beans	
			Turkey & Cheese Sub with Fava Bean Crisps	
			Southwest Chicken Salad & Roll	
Oct 5	**Oct 6**	**Oct 7**	**Oct 8**	**Oct 9**
No School	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa w/ Curtido	Chicken Tamale with Pinto Beans	Pepperoni Pizza
	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps	Crispy Chicken Sandwich
	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Wow Butter & Jelly Sandwich
Oct 12	**Oct 13**	**Oct 14**	**Oct 15**	**Oct 16**
Bean & Cheese Burrito w/ Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Roll	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese w/ Mixed Veg	Bean & Cheese Pupusa with Pinto Beans	Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich w/ Roasted Chickpeas	Bean & Cheese Burrito
Wow Butter & Jelly Sandwich - Corn with Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Roll
Oct 19	**Oct 20**	**Oct 21**	**Oct 22**	**Oct 23**
Cheeseburger & Fries	Pasta w/ Meat Sauce	Cheesy Mozz Bites with Marinara	Cheese Tamale with Black Beans	Cheese Pizza
Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots	Grilled Cheese Sandwich with Baby Carrots	Turkey Nachos with Refried Beans & Tortilla Chips	Pepperoni Pizza
Beef & Cheese Taco Stick with Corn Tajin	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Firecracker Chicken Dumplings Edamame & Peas	Wow Butter & Jelly Sandwich with Fava Bean Crisps	Beef & Cheese Burrito
Turkey & Cheese Sub - Corn with Tajin	Build your Own Cheese Pizza Kit	Asian Chicken Salad with Crispy Noodles	Southwest Chicken Salad & Roll	Turkey & Cheese Sub
Oct 26	**Oct 27**	**Oct 28**	**Oct 29**	**Oct 30**
Chicken Bites & Mashed Potatoes	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa w/ Curtido	Chicken Tamale with Pinto Beans	Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie - Corn with Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese on Pretzel Bun - Corn with Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Roll	Wow Butter & Jelly Sandwich
Extra 1/4 c Veg: Baby Carrots	**Extra 1/4 c. Veg: Celery Sticks**	**Extra 1/4 c. Veg: Cucumber & Tajin**	**Extra 1/4 c. Veg: Jicama**	**Extra 1/4 c. Veg: Side Salad**
Fruit: 100% Fruit Juice	**Fruit: Plum**	**Fruit: Banana**	**Fruit: Persimmon or Pear**	**Fruit: Apple**

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

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

Mark West Union School District

REVOLUTION FOODS
FRESH MADE MEALS

October 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. School partners should maintain appropriate allergen-control practices during storage, heating, handling, and service after meals are received.

ALLERGEN MANAGEMENT PLAN

The Allergy-Friendly Meal program offers limited variations of meals that are free of the top nine allergens as defined by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) and the Food Allergy Safety, Treatment, Education, and Research Act (FASTER Act) of 2021. These allergens include milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. In addition, our Allergy-Friendly Meals are gluten-free as defined by the FDA (Federal Register :: Food Labeling; Gluten-Free Labeling of Foods). Revolution Foods is not a certified gluten-free facility. Revolution Foods maintains an allergen management program designed to minimize the risk of allergen cross-contact during production of Allergy-Friendly Meals. Please refer to our Allergy-Friendly Meals Policy for more information.

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