


OCTOBER BREAKFAST



ARCHDIOCESE OF
LOS ANGELES

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Yogurt Parfait w/Granola	Honey Bunches of Oats Cereal	Cinnamon Swirl
6	7	8	9	10
Cinnamon Chex Cereal	English Muffin Sausage Sandwich	Conchita w/ String Cheese	Egg Scramble w/ Sausage	Strawberry Banana Smoothie w/ Granola
13	14	15	16	17
Bagel w/ Cream Cheese	French Toast Sticks (V)	Cinnamon Chex Cereal	Egg & Cheese Burrito (V)	Cinnamon Swirl
20	21	22	23	24
Cinnamon Chex Cereal	English Muffin Sausage Sandwich	Conchita w/ String Cheese	Egg Scramble w/ Sausage	Cheerios Cereal
27	28	29	30	31
Bagel w/ Cream Cheese	French Toast Sticks (V)	Cinnamon Chex Cereal	Egg & Cheese Burrito (V)	Cinnamon Swirl

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit of the Day = 2 x 1/2 cup options (V) Vegetarian *Cereal Served w/ Graham Crackers *All grains are whole grain rich	Apple, Apple Slices, Applesauce Cup, Banana, Pear, Plum, Raisins, 100% Fruit Juice	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards 

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*Breakfast- same day delivery

OCTOBER LUNCH



ARCHDIOCESE OF
LOS ANGELES

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Bites w/Mashed Potatoes	Turkey Nachos w/Refried Beans	Pepperoni Pizza
6	7	8	9	10
Crispy Chicken Sandwich & Fries	Orange Chicken w/ Rice & Peas	Cheese Tamale w/ Black Beans (V)	Chicken Bites w/ Mashed Potatoes	Pepperoni Pizza
13	14	15	16	17
Cheeseburger & Fries	Chicken Tamale w/ Mixed Vegetables	BBQ Chicken w/ Baked Beans	Mac & Cheese w/ Diced Carrots (V)	Pepperoni Pizza
20	21	22	23	24
Crispy Chicken Sandwich & Fries	Pizza Dippers w/ Marinara Sauce (V)	Chicken Bites w/ Mashed Potatoes	Turkey Nachos w/ Tortilla Chips	Pepperoni Pizza
27	28	29	30	31
Hamburger & Fries	Orange Chicken w/ Rice & Peas	Cheese Tamale w/ Black Beans	Mac & Cheese w/ Diced Carrots (V)	Pepperoni Pizza

Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *All grains are wholegrain rich	Monday: French Fries Tuesday: Crispy Beans Wednesday: Baby Carrots Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice Seasonal: Cantaloupe & Plums	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards



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*Lunch - NSLP