

# NOVEMBER LUNCH



| Monday                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                            | Wednesday                                                                                                              | Thursday                                                                                                                                                                                                                           | Friday                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| 2                                                                                                                                                                                                                  | 3                                                                                                                                                                                                                  | 4                                                                                                                      | 5                                                                                                                                                                                                                                  | 6                                               |
| Orange Chicken with Brown Rice, Peas, and Goldfish Grahams                                                                                                                                                         | Parm Pizza Bites w/ Marinara Dipping Sauce                                                                                                                                                                         | Mac & Cheese w/ Mixed Vegetables                                                                                       | BBQ Chicken w/ Baked Beans & Dinner Roll                                                                                                                                                                                           | Pepperoni Pizza                                 |
| 9                                                                                                                                                                                                                  | 10                                                                                                                                                                                                                 | 11                                                                                                                     | 12                                                                                                                                                                                                                                 | 13                                              |
| Cheeseburger w/ Oven Baked Fries                                                                                                                                                                                   | Penne & Meat Sauce                                                                                                                                                                                                 | Parm Pizza Bites w/ Marinara Dipping Sauce                                                                             | Turkey Nachos w/ Refried Beans & Tortilla Chips                                                                                                                                                                                    | Turkey & Gravy w/ Mashed Potatoes & Dinner Roll |
| 16                                                                                                                                                                                                                 | 17                                                                                                                                                                                                                 | 18                                                                                                                     | 19                                                                                                                                                                                                                                 | 20                                              |
| Chicken Bites w/ Mashed Potatoes                                                                                                                                                                                   | Beef & Cheese Taco Stick w/ Baby Carrots                                                                                                                                                                           | Chicken Alfredo Pasta w/ Seasoned Peas                                                                                 | Chicken Tamale w/ Pinto Beans                                                                                                                                                                                                      | Pepperoni Pizza                                 |
| 23                                                                                                                                                                                                                 | 24                                                                                                                                                                                                                 | 25                                                                                                                     | 26                                                                                                                                                                                                                                 | 27                                              |
| Orange Chicken with Brown Rice, Peas, and Goldfish Grahams                                                                                                                                                         | Pineapple Teriyaki Chicken w/ Rice & Diced Carrots                                                                                                                                                                 | Chicken Dumplings w/ Mixed Veggies                                                                                     | Thanksgiving                                                                                                                                                                                                                       |                                                 |
| 30                                                                                                                                                                                                                 |                                                                                                                                                                                                                    |                                                                                                                        |                                                                                                                                                                                                                                    |                                                 |
|                                                                                                                                                                                                                    |                                                                                                                                                                                                                    |                                                                                                                        |                                                                                                                                                                                                                                    |                                                 |
| <b>Lunch Includes:</b>                                                                                                                                                                                             | <b>Veg of the Day:</b>                                                                                                                                                                                             | <b>Featured Fruit:</b>                                                                                                 | <b>RevUp Rewards:</b>                                                                                                                                                                                                              |                                                 |
| Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk<br>Fruit & Vegetable of the Day<br>Vegetarian<br>*May include an extra 1/2 cup veg for compliance<br>*All Grains Are Whole Grain Rich | Monday: Baby Carrots (1/4 C)<br>Tuesday: Celery Sticks (1/4 C)<br>Wednesday: Cucumber Slices (1/4 C) w/ Tajin<br>Thursday: Jicama Slices (1/4 C)<br>Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C) | 100% Fruit Juice 4 oz, Banana (1/2 C), Apple (1/2 C), Mandarin Orange (1/2 C), Orange (1/2 C), Berry Mixed Cup (1/2 C) | Scan Our QR Code Daily<br>Complete the Survey<br><b>You're Entered to Win!</b><br>Drawings Monthly<br>Learn More and See Prizes:<br><a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a> |                                                 |

