

OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Chicken Bites w/ Mashed Potatoes	Cheese Lasagna w/ Marinara	Chicken Teriyaki w/ Not So Fried Rice & Diced Carrot	Chicken Tamale w/ Pinto Beans	Pepperoni Pizza
12	13	14	15	16
Orange Chicken with Brown Rice, Peas, and Goldfish Grahams	Pineapple Teriyaki Chicken w/ Rice & Diced Carrots	Mac & Cheese w/ Mixed Vegetables	BBQ Chicken w/ Baked Beans & Dinner Roll	Pepperoni Pizza
19	20	21	22	23
Cheeseburger w/ Oven Baked Fries	Penne & Meat Sauce	Firecracker Chicken Dumplings & Peas	Turkey Nachos w/ Refried Beans & Tortilla Chips	Pepperoni Pizza
26	27	28	29	30
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
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Thursday: Jicama Slices (1/4 C) Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C) Monday: Baby Carrots (1/4 C) Tuesday: Celery Sticks (1/4 C) Wednesday: Cucumber Slices (1/4 C) w/ Tajin	Nectarine (1/2 C), Peach (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C), Banana (1/2 C), Pear (1/2 C), Apple (1/2 C), Persimmon (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	



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

SOCAL Lunch NSLP K-8