June

revolution foods

K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				• Lemon Muffin 1
• Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF) 4	• Zee Zees Cinnamon Crisp Bar (VG) (DF) 5	• Blueberry Burst Whole Grain Bagel/Cream Cheese 6	• RF Snow Flurries Cereal (DF) 7	• Yogurt/Educational Snacks 8
• Zee Zees Berry Apple Crisp Bar (DF) 11	• Plain Whole Wheat Bagel/Cream Cheese 12	• French Toast Muffin 13	• Blueberry Burst Whole Grain Bagel/Cream Cheese 14	15
18	19	20	21	22
25	26	27	28	29

Did you know?

Eggs are rich in **choline**, which is a weird word but it's a "good weird" because choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Think of it as a commuter train for vitamins and minerals!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider

June

K-12 LUNCH

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				• Chicken Taco Trio • Cheddar Cheese Sandwich (VG) • Sweet Potatoes 1
• Creamy Chicken Alfredo • Sunny Sandwich Kit (Sunbutter and Jelly) (VG) • Grape Tomatoes and Pinto Beans 4	• Grilled Chicken Bites with BBQ Bean Sauce (DF) PRO • Taco Dippers Kit (VG) • Island Glazed Carrots 5	• Jerk Drumstick with Pineapple Carrot Rice (DF) • Rainbow Veggie Pizza (VG) • Chopped Lettuce and Sliced Tomatoes with ranch 6	• Cheesy Pizza Bite Meal (VG) • The Revolution Hot Dog (DF) • Cucumber Tomato Salad 7	• Five Cheese Lasagna (VG) • Chili Citrus Corn 8
• Chicken Teriyaki with Brown Rice (DF) • Breakfast for Lunch: Pancakes w/ Omelet (VG) • Baby Carrots and Pinto Beans 11	• Popcorn Chicken Bites with BBQ Bean Sauce PRO • Sunny Sandwich Kit (Sunbutter and Jelly) (VG) • Green Peas 12	• Jumbo Asian Meatball with Sweet Garlic Noodles • Egg Salad Sandwich (VG) (DF) • Sweet Potatoes 13	• (Hot) Turkey and Cheese Flatbread Sandwich • Southwest Veggie Wrap (VG) • Broccoli and Carrot Salad 14	15
18	19	20	21	22
25	26	27	28	29

What's New?

Our favorite nuggets are now available in a fresh, grilled way! Try these bite-sized delights for lunch, served hot with baked BBQ beans.

Look for them on the menu on **June 5th!**

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

This institution is an equal opportunity provider

June

PSN LUNCH

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				• Pancakes w/ Sausage • Chicken Taco Trio • Cheddar Cheese Sandwich (VG) • Sweet Potatoes 1
• Chicken Alfredo • Sunny Sandwich Kit (Sunbutter and Jelly) (VG) • Tomatoes and Pinto Beans 4	• Grilled Chicken Bites with BBQ Bean Sauce (DF) PRO • Taco Dippers Kit (VG) • Island Glazed Carrots 5	• BBQ Chicken with Cheesy Rice • Rainbow Veggie Pizza (VG) • Chopped Lettuce and Sliced Tomatoes with ranch 6	• Cheesy Pizza Bite Meal (VG) • Cucumber Tomato Salad 7	• Five Cheese Lasagna (VG) • Chili Citrus Corn 8
• Chicken Teriyaki with Brown Rice (DF) • Breakfast for Lunch: Pancakes w/ Omelet (VG) • Carrots and Pinto Beans 11	• Grilled Chicken Bites with BBQ Bean Sauce (DF) • Sunny Sandwich Kit (Sunbutter and Jelly) (VG) • Green Peas 12	• Jumbo Asian Meatball with Sweet Garlic Noodles • Egg Salad Sandwich (VG) (DF) • Sweet Potatoes 13	• (Hot) Turkey and Cheese Flatbread Sandwich • Southwest Veggie Wrap (VG) • Broccoli and Carrot Salad 14	15
18	19	20	21	22
25	26	27	28	29

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o Vegetable of the day

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June
AFTERCARE
SNACK

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
				• String Cheese 1
• Goldfish Pretzels 4	• Revolution Foods Honey Wheat Crackers/Juice 5	• Yogurt 6	• String Cheese 7	• Goldfish "Colors" Cheddar Crackers/String Cheese 8
• Multigrain Rumbles - Cinnamon 11	• Goldfish "Hot & Spicy" Cheddar Crackers 12	• Educational Snacks/String Cheese 13	• Zac Attack Bar Apple (Snack) 14	15
18	19	20	21	22
25	26	27	28	29

Did you know?

Revolution Foods serves fresh food made with real ingredients. There's a lot you won't find in our meals, including:

- × No artificial colors, flavors, or sweeteners
- × No high fructose corn syrup, MSG
- × No partially or fully hydrogenated fats or oils
- × No added nitrites/nitrates

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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