

JANUARY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
	Vanilla Concha	Honey Bunches of Oats Cereal w/ Honey Grahams	Cinnamon Roll	Blueberry Muffin
12	13	14	15	16
Strawberry Yogurt Parfait w/ Cinnamon Granola	Cinnamon Crumble	Cinnamon Chex Cereal w/ Honey Grahams	Conchita w/ String Cheese	Yogurt w/ Honey Grahams
19	20	21	22	23
		Bagel w/ Cream Cheese	Cinnamon Roll	Blueberry Muffin
26	27	28	29	30
Strawberry Yogurt Parfait w/ Cinnamon Granola	Honey Bunches of Oats Cereal w/ Honey Grahams	Mantecada Muffin	Cheerios Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola
Breakfast Includes:	Featured Fruit:	RevUp Rewards:		
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	Apple (1/2 C), Tangerine (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Orange (1/2 C), Pear (1/2 C), Dried Cranberries (1/2 C), Applesauce Cup (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		

JANUARY LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

5

6

7

8

9

P'B&J Sandwich Kit (Seedbutter) w/
String Cheese

Mantecada Muffin w/ Yogurt & String
Cheese & Tajin Corn

Italian Turkey Trio on Hoagie w/ Baby
Carrots

Cheese Pizza Kit

Veggie Chef Salad w/ Egg, Dinner Roll &
Ranch

12

13

14

15

16

Turkey & Cheese Sub Sandwich

Wowbutter & Jelly Sandwich w/ Tajin
Corn

Turkey & Cheese Sub Sandwich w/ Baby
Carrots

Cheese Pizza Kit

Asian Chicken Salad w/ WG Crispy
Noodles

19

20

21

22

23

26

27

28

29

30

Lunch Includes:

Choice of 1% Low Fat White or Fat Free
White Milk or Fat Free Chocolate Milk or Fat
Free Strawberry Milk

Fruit & Vegetable of the Day

Vegetarian

*May include an extra 1/2 cup veg for
compliance

*All Grains Are Whole Grain Rich

Veg of the Day:

Monday:Carrots & Celery (3/4 C)
Tuesday:Carrots & Celery (3/4
C),Baby Carrots (1/4 C)

Wednesday:Fresh Broccoli w/ Ranch
(3/4c)
Thursday:Baby Carrots (1/2 C),Celery
Sticks (1/2 C)

Friday:Celery Sticks (1/4 C),Baby
Carrots

Featured Fruit:

100% Fruit Juice 4 oz,Apple (1/2
C),Tangerine (1/2 C),Orange (1/2
C),Apple Slices (1/2 C)

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