

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
	Wowbutter & Jelly Sandwich w/ Tajin Corn	Turkey & Cheese Sub Sandwich w/ Baby Carrots	Cheese Pizza Kit	Veggie Chef Salad w/ Egg, Dinner Roll & Ranch
12	13	14	15	16
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	Chicken Caesar Salad with Dinner Roll & Croutons	Chicken Salad & Cheese Cracker Kit w/ Roasted Fava Beans
19	20	21	22	23
		Mantecada Muffin w/ Yogurt & String Cheese & Baby Carrots	Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Asian Chicken Salad w/ WG Crispy Noodles
26	27	28	29	30
Turkey & Cheese Sub Sandwich	Wowbutter & Jelly Sandwich w/ Tajin Corn	Turkey & Cheese Sub Sandwich w/ Baby Carrots	Cheese Pizza Kit	

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

