

January Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
		Cinnamon Chex Cereal w/ Honey Grahams	Apple Jacks Cereal w/ Honey Grahams	Strawberry Yogurt Parfait w/ Cinnamon Granola
13	14	15	16	17
Cinnamon Crumble	Fruit & Yogurt Smoothie w/ Granola	Banana Bread	Cinnamon Chex Cereal w/ Honey Grahams	Conchita w/ String Cheese
20	21	22	23	24
		Cinnamon Roll	Vanilla Muffin	Strawberry Yogurt Parfait w/ Cinnamon Granola
27	28	29	30	31
Cinnamon Crumble	Fruit & Yogurt Smoothie w/ Granola	Banana Bread	Chocolate Chip Muffin Top	Apple Jacks Cereal w/ Honey Grahams

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	Tangerine (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Pear (1/2 C), Apple Slices (1/2 C), Orange (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	3
6	7	8	9	10
	Italian Turkey Trio on Hoagie w/ Baby Carrots	Chicken Caesar Salad with Dinner Roll & Croutons	Southwest Chicken Salad w/ WG Dinner Roll	Wowbutter (Soybutter) & Jelly Sandwich
13	14	15	16	17
Turkey & Cheese Torta Sandwich	Hummus, Flatbread & Egg Kit w/ Baby Carrots	Chicken Caprese Salad w/ WG Dinner Roll	Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Cheese Pizza Kit
20	21	22	23	24
		Chicken Caesar Salad with Dinner Roll & Croutons	Southwest Chicken Salad w/ WG Dinner Roll	Wowbutter (Soybutter) & Jelly Sandwich
27	28	29	30	31
Turkey & Cheese Sandwich on Pretzel Bun	Hummus, Flatbread & Egg Kit w/ Baby Carrots	Chicken Salad Sandwich w/ Baby Carrots	Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	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:Baby Carrots (1/4 C),Side of Oven Baked Fries (1/2 C),Side of Oven Baked Fries (3/4 C),Baby Carrots (1/2 C) Thursday:Celery Sticks (1/4 C),Cucumber Slices (1/4 C) w/ Tajin Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Tuesday:Baby Carrots (1/2 C),Roasted Chickpeas	100% Fruit Juice 4 oz,Apple (1/2 C),Halo Mandarin Oranges 2ea (1/2 C),Raisins (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	

