October

revolution foods
feeding good

SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Ranch Wrap With Shredded Lettuce and Fresh Pineapple 3	Southwest Veggie Wrap with Shredded Lettuce Fresh Pear 4	Chicken Fajita Burrito with Onions and Green Peppers Fresh Banana 5	Chicken Salad Sandwich with Green Leaf Lettuce (df) Fresh Local Apple 6	Whole Grain Ranch Rumbles, Smart Crackers and Roasted Sunflower Seeds with String Cheese Supper Kit with Baby Carrots (vg) Fresh Orange 7
Columbus Day 10	Veggie Chef's Salad with Chopped Romaine Lettuce (VG) Fresh Pear 11	BBQ Chicken Quesadilla with Celery Sticks Fresh Banana 12	Chicken Caesar Wrap with Shredded Romaine Lettuce Fresh Local Apple 13	Hummus and Whole Grain Flatbread with Broccoli Florets and Tomatoes (vg) Fresh Orange 14
Smart Crackers, Yogurt and Goldfish Pretzel Supper Kit (vg) with Baby Carrots Fresh Pineapple 17	Garden Ranch Salad with Chicken and Lettuce-Carrot Mix Fresh Pear 18	Marinara Sauced Cheese Ravioli with Carrot Coins (vg) Fresh Banana 19	Turkey and Cheese Sandwich with Green Leaf Lettuce Fresh Local Apple 20	Whole Grain Honey Wheat Crackers, Whole Grain Goldfish, Roasted Sunflower Seeds, String Cheese and Baby Carrots (vg) Fresh Orange 21
Bean Taco Dip and Whole Grain Flatbread with Broccoli Florets and Tomatoes (vg) Fresh Pineapple 24	Whole Grain Ranch Rumbles, Smart Crackers and Roasted Sunflower Seeds with String Cheese Supper Kit with Baby Carrots (vg) Fresh Pear 25	Firecracker Chicken with Spicy Sesame Noodles with Broccoli Florets Fresh Banana 26	BBQ Chicken Wrap with Shredded Romaine Lettuce Fresh Local Apple 27	**No School Parent Teacher Conference** 28
Turkey Ranch Wrap With Shredded Lettuce and Fresh Pineapple 31				

HOT Supper served on Wednesday!

Supper: 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.

This institution is an equal opportunity provider

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
10/3/2016	SND, WRAP TURK RANCH 6-12:0214	1 EACH	385	23.43	40	832	2.6	2.07	239.4	2677	1.13	1.84	16.85	22.08	6.01	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/4/2016	SND, WRAP VEG SW 6-12:0616	1 EACH	491	59.46	17	518	20.16	4.3	204.1	2818	4.73	2.93	18.69	28.26	4.57	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/5/2016	RG, BURRITO CHICKEN 6-12:0616	1 EACH	388	45.35	53	280	6.23	2.78	112.7	437	16.26	3.01	21.96	13.95	2.97	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/6/2016	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/7/2016	SND, SUP L2 RUMB/CHS 6-12:0315	1 EACH	466	42.73	15	530	8.31	10.3	354.5	6865	5.98	9.16	17.28	26.53	6.01	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/11/2016	SAL, CHEF VEG 6-12:0816	1 EACH	356	36.48	97	570	12.24	3.26	113.2	7354	3.3	3.59	12.56	21.38	3.85	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/12/2016	RG, QUES CHX BBQ 6-12:0716	1 EACH	338	33.64	40	412	2.52	1.61	1084	1386	1.46	5.48	18.71	15.3	4.9	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/13/2016	SND, WRAP CHX CAESAR 6-12:1214	1 EACH	309	25.96	50	554	2.6	2.01	211.4	2597	1.43	3.35	20.01	7.63	3.37	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/14/2016	SND, MAM HUMMUS 6-12:0816	1 EACH	386	34.15	15	703	4.87	2.64	217.4	439	12.04	1.36	15.02	18.03	4.77	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/17/2016	SND, SUP L2 YOGU/DJ 6-12:0214	1 EACH	456	57.78	5	490	7.31	10.3	285	6725	5.98	21.2	14.29	19.54	2.01	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/18/2016	SAL, GARDEN RANC CHX 6-12:0816	1 EACH	361	22.38	113	635	2.85	1.66	158.4	8958	4.65	3.3	12.64	23.7	5.17	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/19/2016	VG, RAVIOLI CHS 6-12:0616	1 EACH	421	62.06	50	667	5.95	3.71	307	919	18.38	10.01	23.69	9.65	3.71	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/20/2016	SND, TURKEY CHS 6-12:0616	1 EACH	375	29.56	53	783	3.37	2.22	177.1	2306	8.61	4.97	20.7	17.63	5.56	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/21/2016	SND, SUP L2 CRAK/CHS 6-12:0315	1 EACH	476	43.73	20	685	7.31	6.34	274.5	6475	1.18	6.16	18.28	27.03	6.51	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/24/2016	SND, MAM TACO DIP 6-12:0816	1 EACH	319	45.38	12	529	7.86	3.53	218.6	801	13.3	1.59	17.55	5.44	2.96	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/25/2016	SND, SUP L2 RUMB/CHS 6-12:0315	1 EACH	466	42.73	15	530	8.31	10.3	354.5	6865	5.98	9.16	17.28	26.53	6.01	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/26/2016	RG, CHX FC NOODLE 6-12:0716	1 EACH	408	38.83	22	404	6.5	2.74	37.9	155	14.97	2.51	17.45	19.44	2.83	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/27/2016	SND, WRAP CHX BBQ 6-12:0616	1 EACH	295	30.25	38	442	2.62	2.54	267.8	2732	1.94	6.85	18.92	7.74	3.9	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/28/2016	SND, EGG SALAD 6-12:0616	1 EACH	295	29.56	211	361	3.44	2.35	39.5	2406	8.74	4.9	14.35	13.37	2.35	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/31/2016	SND, WRAP TURK RANCH 6-12:0214	1 EACH	385	23.43	40	832	2.6	2.07	239.4	2677	1.13	1.84	16.85	22.08	6.01	0
	SND, CHX SALAD 6-12:0616	1 EACH	324	29.9	50	348	3.49	2.1	19.1	2136	9.31	4.28	20.98	11.27	1.28	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0