

# February Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheerios Cereal w/ Honey Grahams	Blueberry Muffin	Cinnamon Roll	Mantecada Muffin	Strawberry Yogurt Parfait w/ Cinnamon Granola
10	11	12	13	14
Cinnamon Crumble	Fruit & Yogurt Smoothie w/ Granola	Banana Bread	Chocolate Chip Muffin Top	Conchita w/ String Cheese
17	18	19	20	21
		Cinnamon Roll	Mantecada Muffin	Strawberry Yogurt Parfait w/ Cinnamon Granola
24	25	26	27	28
Cinnamon Chex Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola	Banana Bread	Chocolate Chip Muffin Top	Conchita w/ String Cheese

<b>Breakfast Includes:</b>	<b>Featured Fruit:</b>	<b>RevUp Rewards:</b>
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), Pear (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Banana (1/2 C), Orange (1/2 C), Raisins (1/2 C), Blood Orange (1/2 C)	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>



# February Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Sunflower Seeds w/ String Cheese & Baby Carrots	Cheese Pizza Kit	Chicken Salad & Cheese Cracker Kit w/ Baby Carrots	Southwest Chicken Salad w/ WG Dinner Roll	Wowbutter (Soybutter) & Jelly Sandwich
10	11	12	13	14
Turkey & Cheese Sandwich on Pretzel Bun	P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Chicken Caesar Salad with Dinner Roll & Croutons	Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Cheese Pizza Kit
17	18	19	20	21
		Italian Turkey Trio on Hoagie w/ Baby Carrots	Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Wowbutter (Soybutter) & Jelly Sandwich
24	25	26	27	28
Turkey & Cheese Sandwich on Pretzel Bun	P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots	Hummus, Flatbread & Egg Kit w/ Baby Carrots	Turkey & Cheese Cracker Kit w/ Roasted Fava Beans	Cheese Pizza Kit
<b>Lunch Includes:</b>	<b>Veg of the Day:</b>	<b>Featured Fruit:</b>	<b>RevUp Rewards:</b>	
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:Side of Oven Baked Fries (3/4 C), Side of Oven Baked Fries (1/2 C),Baby Carrots (1/4 C) Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Chickpeas Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) Thursday:Celery Sticks (1/4 C),Fresh Cauliflower (1/2 C)	100% Fruit Juice 4 oz,Halo Mandarin Oranges 2ea (1/2 C),Applesauce Cup (1/2 C),Apple (1/2 C)	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	

