

JANUARY LUNCH



| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|--|---|-----------------|
| | | | 1 | 2 |
| | | | | |
| 5 | 6 | 7 | 8 | 9 |
| | | | | |
| 12 | 13 | 14 | 15 | 16 |
| | Chicken Alfredo Pasta w/ Seasoned Peas | Parm Pizza Bites w/ Marinara Dipping Sauce | Cheese Tamale w/ Black Beans | Pepperoni Pizza |
| 19 | 20 | 21 | 22 | 23 |
| | Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas | BBQ Chicken w/ Baked Beans & Dinner Roll | Grilled Cheese Sandwich w/ Baby Carrots | Pepperoni Pizza |
| 26 | 27 | 28 | 29 | 30 |
| Cheeseburger w/ Oven Baked Fries | Chicken Tamale w/ Seasoned Mixed Veg | Penne & Meat Sauce | Turkey Nachos w/ Refried Beans & Tortilla Chips | Pepperoni Pizza |

| Lunch Includes: | Veg of the Day: | Featured Fruit: | RevUp Rewards: |
|---|--|--|--|
| <p>Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk</p> <p>Fruit & Vegetable of the Day</p> <p>Vegetarian</p> <p>*May include an extra 1/2 cup veg for compliance</p> <p>*All Grains Are Whole Grain Rich</p> | <p>Monday: Baby Carrots (1/4 C)</p> <p>Tuesday: Baby Carrots (1/4 C)</p> <p>Wednesday: Baby Carrots (1/2 C), Cucumber Slices (1/4 C) w/ Tajin</p> <p>Thursday: Celery Sticks (1/4 C), Baby Carrots (1/2 C)</p> <p>Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C)</p> | <p>100% Fruit Juice 4 oz, Tangerine (1/2 C), Orange (1/2 C), Apple (1/2 C), Apple Slices (1/2 C), Cranberries (1/2 C), Strawberry Cup (1/2 C), Berry Mixed Cup (1/2 C)</p> | <p>Scan Our QR Code Daily</p> <p>Complete the Survey</p> <p>You're Entered to Win!</p> <p>Drawings Monthly</p> <p>Learn More and See Prizes: www.revolutionfoods.com/revuprewards</p> |