

September

NOVA Academy ECHS

Coachella

revolution foods.
feeding good.

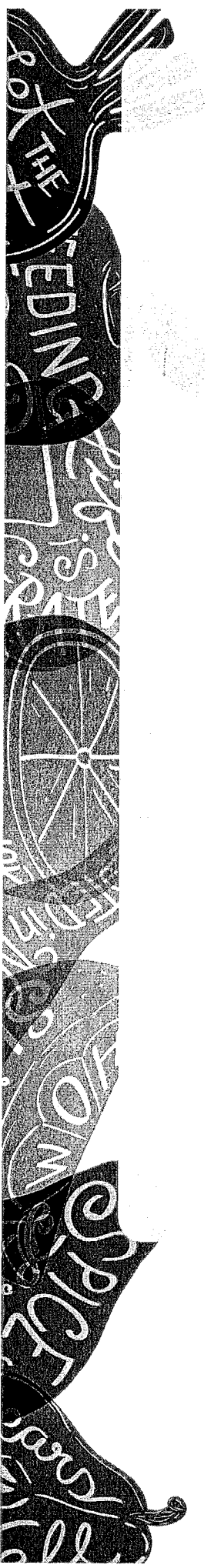
Monday	Tuesday	Wednesday	Thursday	Friday
				•HOT sausage & cheddar bagel
Labor Day 4	• yogurt & honey grahams	•HOT turkey, cheddar cheese & omelet gordita	• blueberry burst muffin	• plain bagel & cream cheese
	•HOT french toast sticks	•HOT breakfast panada pie		•HOT cinnamon toast bagel
11	•HOT cheesy omelet	13	• plain bagel & cream cheese	15
• honey grahams & cinnamon rumbles (df)		• yogurt & granola	•HOT cheddar cheese & omelet gordita	•HOT buttermilk pancakes
18	•HOT omelet and french toast sticks	20	21	•HOT sausage & cheddar brekwich
• cinnamon chex & zac apple bar		• blueberry bagel & cream cheese	• banana muffin	22
25	26	27	28	29

Did You Know?

Studies show students who eat breakfast do better on school tests! A hungry tummy can distract kids from learning.

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

This institution is an equal opportunity provider



September LUNCH

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Labor Day</p> <ul style="list-style-type: none"> cheese enchilada plate (V) chicken bites (df) 	<ul style="list-style-type: none"> baby carrots & seasoned black beans (chilled) mac & cheese and chicken bites turkey cheddar flatbread melt honey mustard chicken wrap 	<ul style="list-style-type: none"> blanched broccoli with ranch (chilled) bbq chicken quesadilla brfast for lunch: pancakes & chicken salsa garden ranch salad with chicken 	<ul style="list-style-type: none"> lettuce & tomatoes green chile & cheese tamale (V) bbq chicken drumstick honey mustard salad with grilled chicken 	<ul style="list-style-type: none"> chicken potstickers (df) chorizo & cheese eggwich (egg sandwich) honey mustard chicken wrap
<ul style="list-style-type: none"> celery sticks with ranch 	<ul style="list-style-type: none"> chicken taco trio pepperjack cheeseburger 	<ul style="list-style-type: none"> lettuce & tomatoes red chile chicken tamale firecracker chicken & noodles 	<ul style="list-style-type: none"> steamed corn the revolution dog (df) sloppy joe (df) 	<ul style="list-style-type: none"> glazed carrots green chile & cheese tamale (V) general tso's chicken honey mustard chicken wrap
<ul style="list-style-type: none"> steamed corn chicken bites (df) creamy pasta alfredo (V) turkey & cheddar sandwich 	<ul style="list-style-type: none"> baby carrots & seasoned black beans (chilled) mac & cheese and chicken bites turkey cheddar flatbread melt honey mustard chicken wrap 	<ul style="list-style-type: none"> blanched broccoli with ranch (chilled) bbq chicken quesadilla brfast for lunch: pancakes & chicken salsa garden ranch salad with chicken 	<ul style="list-style-type: none"> lettuce & tomatoes green chile & cheese tamale (V) bbq chicken drumstick honey mustard salad with grilled chicken 	<ul style="list-style-type: none"> chicken potstickers (df) chorizo & cheese eggwich (egg sandwich) honey mustard chicken wrap
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Did You Know?

Revolution Foods serves fresh food made with real ingredients. There's a lot you won't find in our meals including:
 No artificial colors, flavors, or sweeteners.
 No high fructose corn syrup, MSG.
 No partially or fully hydrogenated fats or oils
 No added nitrates/nitrites

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (VG) options available daily – if not listed on the menu, available upon request.

Vegetable of the day
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