Mark West Union School District

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	**Nov 3**	**Nov 4**	**Nov 5**	**Nov 6**
Bagel & Cream Cheese	Vanilla Conchita with String Cheese	Banana Muffin	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
Honey Bunches of Oats Cereal	Cinnamon Chex Cereal	Balance Foods Chocolate Puffs Cereal	Cheerios Cereal	Balance Foods Maple Cinnamon Puffs Cereal
Apple Hand Pie	Egg & Cheese Burrito with Green Salsa	Mini Strawberry Pancakes	Sausage & Cheese English Muffin Breakfast Sammie	W affle
Fruit: Apple & Pear	**Fruit: Orange & Apple Slices**	**Fruit: Banana & 100% Fruit Juice**	**Fruit: Apple Slices & Banana**	**Fruit: Pear & Apple**
Nov 9	**Nov 10**	**Nov 11**	**Nov 12**	**Nov 13**
Cinnamon Swirl	Yogurt & String Cheese	No School	Yogurt & Honey Grahams	Blueberry Muffin
Cinnamon Chex Cereal	Balance Foods Maple Cinnamon Puffs Cereal		Balance Foods Chocolate Puffs Cereal	Cheerios Cereal
French Toast Sticks	Mini Maple Pancakes		Sausage & Cheese Stuffed Waffle	Mini Strawberry Pancakes
Fruit: Apple & Pear	**Fruit: Orange&Apple Slices**		**Fruit: AppleSlices& Banana**	**Fruit: Pear & Apple**
Nov 16	**Nov 17**	**Nov 18**	**Nov 19**	**Nov 20**
Cinnamon Crumble	Bagel & Seedbutter	Croissant w/ Jelly	Chocolate Chip Sweet Potato Muffin Top	Yogurt & Honey Grahams
Cheerios Cereal	Balance Foods Chocolate Puffs Cereal	Honey Bunches of Oats Cereal	Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
Waffle	Sausage & Cheese Croissant	French Toast Sticks	Oatmeal with Blueberries	Mini Maple Pancakes
Fruit: Apple & Pear	**Fruit: Orange&Apple Slices**	**Fruit: Banana&100%Fruit Juice**	**Fruit: AppleSlices& Banana**	**Fruit: Pear & Apple**
Nov 23	**Nov 24**	**Nov 25**	**Nov 26**	**Nov 27**
	No School - Thanksgiving Break			

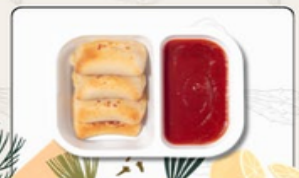
Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change

Mark West Union School District

REVOLUTION FOODS
FRESH MADE MEALS

November Menu
LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	**Nov 3**	**Nov 4**	**Nov 5**	**Nov 6**
Bean & Cheese Burrito with Corn Tajin	Cheesy Mozz Bites with Marinara	Chicken Dumplings with Mixed Veg	BBQ Chicken with Baked Beans & Bread Roll	Cheese Pizza
Orange Chicken with Rice & Peas	Pineapple Chicken Teriyaki with Rice & Diced Carrots	Mac & Cheese with Mixed Veg	Bean & Cheese Pupusa with Pinto Beans	Turkey-Beef Pepperoni Pizza
Grab 'N Go Mantecada Muffin, Yogurt, String Cheese & Corn	Grab 'N Go Seedbutter, Crackers, String Cheese, & Baby Carrots	Beef Sesame Rice Bowl with Broccoli	Egg Salad Sandwich with Fava Bean Crisps	Bean & Cheese Burrito
Wow Butter & Jelly Sandwich with Corn Tajin	Italian Turkey Trio Sub with Baby Carrots	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots	Turkey & Cheese Sub with Fava Bean Crisps	Chicken Caesar Salad & Bread Roll
Nov 9	**Nov 10**	**Nov 11**	**Nov 12**	**Nov 13**
Cheeseburger & Fries	Beef Marinara Pasta	No School	Cheese Tamale with Black Beans	Cheese Pizza
Bean Burrito Bowl with Corn	Bean & Cheese Burrito with Baby Carrots		Turkey Nachos with Refried Beans & Tortilla Chips	Turkey-Beef Pepperoni Pizza
Beef & Cheese Taco Stick with Corn Tajin	Build Your Own Seed Butter & Jelly Sammie with Baby Carrots		Wow Butter & Jelly Sandwich with Fava Bean Crisps	Holiday Turkey w/ Gravy & Mashed Potatoes with Bread Roll
Turkey & Cheese Sub with Corn Tajin	Build your Own Cheese Pizza Kit		Southwest Chicken Salad & Bread Roll	Turkey & Cheese Sub
Nov 16	**Nov 17**	**Nov 18**	**Nov 19**	**Nov 20**
Chicken Bites & Mashed Potatoes	Cheese Lasagna	Chicken Teriyaki with Rice & Diced Carrots	Grilled Cheese Sandwich with Fava Bean Crisps	Cheese Pizza
Veggie Burger & Potato Wedges	Beef & Cheese Taco Stick with Baby Carrots	Bean & Cheese Pupusa with Curtido	Chicken Tamale with Pinto Beans	Turkey-Beef Pepperoni Pizza
Build Your Own Seed Butter & Jelly Sammie with Corn Tajin	Chicken Salad Sandwich with Baby Carrots	Chicken Alfredo Pasta with Peas	Turkey & Cheese Sub with Fava Bean Crisps	Crispy Chicken Sandwich
Turkey & Cheese on Pretzel Bun with Corn Tajin	Grab 'N Go Yogurt, Granola, String Cheese & Baby Carrots	Build Your Own Cheese Pizza Kit	Veggie Chef Salad with Hard Boiled Egg, Garbanzo Beans & Bread Roll	Wow Butter & Jelly Sandwich
Nov 23	**Nov 24**	**Nov 25**	**Nov 26**	**Nov 27**
	No School - Thanksgiving Break			
Fruit: 100% Fruit Juice	**Fruit: Mandarin**	**Fruit: Banana 11/4, 11/11, 11/25 Mixed Berry Cup 11/18**	**Fruit: Orange**	**Fruit: Apple**

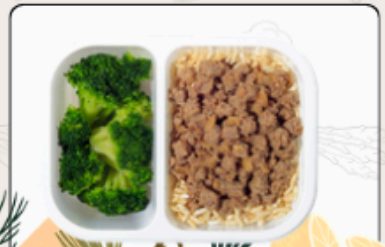
Lunch Includes:
Choice of 1% or Fat Free Milk,
Fruit & Vegetable of the Day

Vegetarian Meals in Green
All Grains Are Wholegrain Rich
Menu is Subject to Change

Mark West Union School District

REVOLUTION FOODS
FRESH MADE MEALS

November Menu
ALLERGEN FRIENDLY



Monday	T uesday	Wednesday	T hursday	Friday
WEEKLY BREAKFAST MENU				
Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Cinnamon Chex Cereal Strawberry Rockinola Granola	Cheerios Cereal Chocolate Rockinola Granola	Corn Chex Cereal Chocolate Rockinola Granola
WEEKLY LUNCH MENU				
Turkey Marinara Bowl w/ Green Peas	Chicken Fajitas Bowl w/ Green Beans	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn
WEEKLY SNACK MENU				
Rockinola Chocolate Granola, Fruit*	Corn Tortilla Chips, Fruit*	Rockinola Cinnamon Granola, Fruit*	Rockinola Strawberry Granola, Fruit*	Corn Tortilla Chips, Fruit*
WEEKLY SUPPER MENU				
Chicken Fajitas Bowl w/ Green Beans	Turkey Marinara Bowl w/ Green Peas	Turkey & Rice Burrito Bowl w/ Refried Beans & Corn	California Turkey & Vegetable Bowl	Beef & Veggie Bowl w/ Zucchini

HANDLING INSTRUCTIONS

Keep food frozen/refrigerated until ready to cook and serve. Tear open the side of the film, place the tray in the microwave and microwave on high for 3-5 minutes. Ensure the internal temperature reaches 165°F. Allow the food to rest for 1 minute. For conventional oven, set the oven temperature at 300°F, heat the meal for 50-60 minutes from frozen or until thermometer reaches 165°F. School partners should maintain appropriate allergen-control practices during storage, heating, handling, and service after meals are received.

ALLERGEN MANAGEMENT PLAN

The Allergy-Friendly Meal program offers limited variations of meals that are free of the top nine allergens as defined by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) and the Food Allergy Safety, Treatment, Education, and Research Act (FASTER Act) of 2021. These allergens include milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. In addition, our Allergy-Friendly Meals are gluten-free as defined by the FDA (Federal Register :: Food Labeling; Gluten-Free Labeling of Foods). Revolution Foods is not a certified gluten-free facility. Revolution Foods maintains an allergen management program designed to minimize the risk of allergen cross-contact during production of Allergy-Friendly Meals. Please refer to our Allergy-Friendly Meals Policy for more information.

Milk Alternatives are available through the A La Carte Menus. (Additional fees may apply.)