Ingenuity Prep

SEPTEMBER BREAKFAST

BACK to SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. What's your new goal?

Learn more about us on our *new* website at revolutionfoods.com!

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

revolution foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 • corn chex & fruit	5 • zac omega fruit filled strawberry bar	6 • banana muffin with fruit	7 • cinnamon crumbles
10 • cheerios & zac attack apple & fruit	11 • blueberry burst muffin	12 • plain bagel & cream cheese	13 • french toast muffin	14 • cinnamon raisin bagel
17 • cheerios & mini dippers & fruit	18 • banana muffin	19 • honey grahams & cinnamon rumbles	20 • blueberry bagel & cream cheese	21 • cinnamon crumbles with fruit
24 • • cheerios & mini dippers & fruit	25 • cinnamon crisp bar &fruit	26 • yogurt & educational snacks	27 • blueberry burst muffin & fruit	28 • French toast muffin & fruit

This institution is an equal opportunity provider.

INGENUITY PREP

SEPTEMBER LUNCH

BACK to SCHOOL

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Lunch: 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.

- ○ Vegetable of the day

revolution foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	**4** • jerk drumstick & pineapple carrot rice ○ green beans	**5** • kickin' chicken melt ○ pinto beans & broccoli	**6** • chicken taco trio • lettuce & tomatoes with ranch	**7** • chicken potstickers with not-so fired rice) ○ sweet potatoes
10 • chicken bites with bbq bean sauce • Steamed corn	**11** • chicken teriyaki (df)) ○ glazed carrots	**12** • Field Trip Sandwiches with fruit	**13** • the revolution dog (df) ○ broccoli with ranch	**14** • spaghetti & meatballs ○ cucumber & tomato salad
17 • oven roasted chicken sandwich ○ seasoned green beans with ranch	**18** • chicken & pork andouille gumbo with cornbread ○ sweet potatoes	**19** • chicken bites ○ edamame and baby carrots	**20** • cheesy ravioli (v) ○ broccoli & carrot salad	**21** • general tso's chicken ○ green peas
24 • the revolution dog (df) ○ steamed corn	**25** • chili citrus drumstick & rice ○ sweet potatoes	**26** • chicken enchilada roja plate ○ edamame & grape tomatoes	**27** • buffalo chicken "crunchadilla" ○ lettuce and sliced tomatoes with ranch	**28** • breakfast for lunch: pancakes & chicken sausage ○ chilled, seasoned green beans

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