

# OCTOBER



THE **LAWSON** ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>BREAKFAST</b> <span>1</span> <ul style="list-style-type: none"> <li>hot pancakes w/ syrup (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>philly cheesesteak sandwich</li> <li>pinto beans</li> </ul>	<b>BREAKFAST</b> <span>2</span> <ul style="list-style-type: none"> <li>hot cornbread &amp; egg omelet (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>sliced cucumber</li> </ul>	<b>BREAKFAST</b> <span>3</span> <ul style="list-style-type: none"> <li>hot cinnamon toast bagel (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>cheesy pizza bite meal (VG)</li> <li>steamed corn</li> </ul>	<b>BREAKFAST</b> <span>4</span> <ul style="list-style-type: none"> <li>hot classic chicken sausage &amp; cheddar bagel sandwich</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>revolution hot dog (DF)</li> <li>broccoli w/ ranch</li> </ul>
	<b>BREAKFAST</b> <span>7</span> <ul style="list-style-type: none"> <li>zee zee cinnamon crisp bar (VG) (DF)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>cheese pizza panada pie (VG)</li> <li>seasoned green beans</li> </ul>	<b>BREAKFAST</b> <span>8</span> <ul style="list-style-type: none"> <li>hot biscuit &amp; country gravy (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>cheeseburger</li> <li>glazed carrots</li> </ul>	<b>BREAKFAST</b> <span>10</span> <ul style="list-style-type: none"> <li>cinnamon chex w/ zac attack strawberry bar</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>penne pasta w/ meat sauce (DF)</li> <li>lettuce &amp; sliced tomatoes w/ ranch</li> </ul>	<b>BREAKFAST</b> <span>11</span> <ul style="list-style-type: none"> <li>hot mini cheese omelet w/ french toast sticks</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>pancakes w/ omelet (VG)</li> <li>steamed corn</li> </ul>
<b>BREAKFAST</b> <span>14</span> <ul style="list-style-type: none"> <li>dipperdoodle bar (DF)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>mighty meaty deli sandwich</li> <li>seasoned green beans</li> </ul>	<b>BREAKFAST</b> <span>15</span> <ul style="list-style-type: none"> <li>cheerios/educational snacks</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>bbq rib sandwich</li> <li>green peas</li> </ul>	<b>BREAKFAST</b> <span>16</span> <ul style="list-style-type: none"> <li>hot classic chicken sausage &amp; cheddar bagel sandwich</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>baby carrots w/ ranch</li> </ul>	<b>BREAKFAST</b> <span>17</span> <ul style="list-style-type: none"> <li>autumn spice muffin</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>NEW! chicken corn dogs</li> <li>pinto beans</li> </ul>	<b>BREAKFAST</b> <span>18</span> <ul style="list-style-type: none"> <li>yogurt parfait strawberry (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>cheesy ravioli (VG)</li> <li>broccoli &amp; carrot salad</li> </ul>
<b>BREAKFAST</b> <span>21</span> <ul style="list-style-type: none"> <li>cheerios/educational snacks</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>oven roasted chicken sandwich</li> <li>chili citrus corn</li> </ul>	<b>BREAKFAST</b> <span>22</span> <ul style="list-style-type: none"> <li>hot pancake bowl peach (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>creamy pasta alfredo (VG)</li> <li>steamed carrots</li> </ul>	<b>BREAKFAST</b> <span>23</span> <ul style="list-style-type: none"> <li>hot sausage &amp; cheddar biscuit</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>seasoned garbanzo beans</li> </ul>	<b>BREAKFAST</b> <span>24</span> <ul style="list-style-type: none"> <li>hot mini cheese omelet w/ french toast sticks (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>pasta w/ zesty beef</li> <li>lettuce &amp; sliced tomatoes w/ ranch</li> </ul>	<b>BREAKFAST</b> <span>25</span> <ul style="list-style-type: none"> <li>blueberry burst bagel/cream cheese</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>bbq chicken plate</li> <li>coleslaw</li> </ul>
<b>BREAKFAST</b> <span>28</span> <ul style="list-style-type: none"> <li>dipperdoodle bar (DF)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>baby carrots</li> </ul>	<b>BREAKFAST</b> <span>29</span> <ul style="list-style-type: none"> <li>hot pancakes w/ syrup (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>bbq meatballs w/ cheesy rice</li> <li>pinto beans</li> </ul>	<b>BREAKFAST</b> <span>30</span> <ul style="list-style-type: none"> <li>hot cornbread &amp; egg omelet (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>sliced cucumber</li> </ul>	<b>BREAKFAST</b> <span>31</span> <ul style="list-style-type: none"> <li>hot cinnamon toast bagel (VG)</li> </ul> <b>LUNCH</b> <ul style="list-style-type: none"> <li>classic chicken parm pasta</li> <li>steamed corn</li> </ul>	

## Did you know?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:  
 Designed with Kids | Created by Chefs | Nutritionally Balanced | Made with High-Quality Ingredients  
 Learn more about us on our website at [www.revolutionfoods.com](http://www.revolutionfoods.com)

**revolution**foods.

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily.

DAIRY-FREE (DF) VEGETARIAN (V) options available daily – if not listed on the menu, available upon request.

VEGETABLE  
OF THE DAY

STUDENT  
FAVORITE

