

OCTOBER



THE LAWSON ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>BREAKFAST</p> <ul style="list-style-type: none"> hot pancakes w/ syrup (VG) <p>LUNCH</p> <ul style="list-style-type: none"> philly cheesesteak sandwich pinto beans 	<p>1</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot cornbread & egg omelet (VG) <p>LUNCH</p> <ul style="list-style-type: none"> pepperoni pizza sliced cucumber 	<p>2</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot cinnamon toast bagel (VG) <p>LUNCH</p> <ul style="list-style-type: none"> cheesy pizza bite meal (VG) steamed corn 	<p>3</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot classic chicken sausage & cheddar bagel sandwich <p>LUNCH</p> <ul style="list-style-type: none"> revolution hot dog (DF) broccoli w/ ranch
<p>BREAKFAST</p> <ul style="list-style-type: none"> zee zee cinnamon crisp bar (VG) (DF) <p>LUNCH</p> <ul style="list-style-type: none"> cheese pizza panada pie (VG) seasoned green beans 	<p>7</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot biscuit & country gravy (VG) <p>LUNCH</p> <ul style="list-style-type: none"> cheeseburger glazed carrots 	<p>8</p> <p>Fall Holiday No School</p> 	<p>9</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> cinnamon chex w/ zac attack strawberry bar <p>LUNCH</p> <ul style="list-style-type: none"> penne pasta w/ meat sauce (DF) lettuce & sliced tomatoes w/ ranch 	<p>11</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot mini cheese omelet w/ french toast sticks <p>LUNCH</p> <ul style="list-style-type: none"> pancakes w/ omelet (VG) steamed corn
<p>BREAKFAST</p> <ul style="list-style-type: none"> dipperdoodle bar (DF) <p>LUNCH</p> <ul style="list-style-type: none"> mighty meaty deli sandwich seasoned green beans 	<p>14</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> cheerios/educational snacks <p>LUNCH</p> <ul style="list-style-type: none"> bbq rib sandwich green peas 	<p>15</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot classic chicken sausage & cheddar bagel sandwich <p>LUNCH</p> <ul style="list-style-type: none"> cheese pizza (VG) baby carrots w/ ranch 	<p>16</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> autumn spice muffin <p>LUNCH</p> <ul style="list-style-type: none"> NEW! chicken corn dogs pinto beans 	<p>18</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> yogurt parfait strawberry (VG) <p>LUNCH</p> <ul style="list-style-type: none"> cheesy ravioli (VG) broccoli & carrot salad
<p>BREAKFAST</p> <ul style="list-style-type: none"> cheerios/educational snacks <p>LUNCH</p> <ul style="list-style-type: none"> oven roasted chicken sandwich chili citrus corn 	<p>21</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot pancake bowl peach (VG) <p>LUNCH</p> <ul style="list-style-type: none"> creamy pasta alfredo (VG) steamed carrots 	<p>22</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot sausage & cheddar biscuit <p>LUNCH</p> <ul style="list-style-type: none"> pepperoni pizza seasoned garbanzo beans 	<p>23</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot mini cheese omelet w/ french toast sticks (VG) <p>LUNCH</p> <ul style="list-style-type: none"> pasta w/ zesty beef lettuce & sliced tomatoes w/ ranch 	<p>24</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> blueberry burst bagel/cream cheese <p>LUNCH</p> <ul style="list-style-type: none"> bbq chicken plate coleslaw
<p>BREAKFAST</p> <ul style="list-style-type: none"> dipperdoodle bar (DF) <p>LUNCH</p> <ul style="list-style-type: none"> crispy chicken sandwich (DF) baby carrots 	<p>28</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot pancakes w/ syrup (VG) <p>LUNCH</p> <ul style="list-style-type: none"> bbq meatballs w/ cheesy rice pinto beans 	<p>29</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot cornbread & egg omelet (VG) <p>LUNCH</p> <ul style="list-style-type: none"> cheese pizza (VG) sliced cucumber 	<p>30</p> <p>BREAKFAST</p> <ul style="list-style-type: none"> hot cinnamon toast bagel (VG) <p>LUNCH</p> <ul style="list-style-type: none"> classic chicken parm pasta steamed corn 	<p>31</p> 

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.revolution foods.com



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 