

SEPTEMBER LUNCH



THE **LAWSON** ACADEMY

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!**

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.

- o **Vegetable** of the day

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

- **NO SCHOOL**



4

BREAKFAST

- dipper doodle bar

LUNCH

- cheesy ravioli (VG)
 - o broccoli w/ ranch

5

BREAKFAST

- HOT pepper jack cheese & omelet gordita

LUNCH

- mighty meaty deli
 - o chili citrus corn

6

BREAKFAST

- HOT chicken sausage & cheddar brekwich

LUNCH

- chicken bites
 - o seasoned green beans

7

BREAKFAST

- HOT egg & sausage quesadilla

LUNCH

- firecracker chicken w/ sesame noodles
- pinto beans

10

BREAKFAST

- assorted cereal

LUNCH

- chicken potstickers (DF)
 - o steamed corn

11

BREAKFAST

- HOT pancakes w/ syrup

LUNCH

- taco dippers kit (VG)
 - o orange carrots

12

BREAKFAST

- french toast muffin

LUNCH

- cheese pizza (VG)
 - o seasoned green beans w/ ranch

13

BREAKFAST

- bagel w/cream cheese

LUNCH

- spaghetti & meatballs
 - o broccoli

14

BREAKFAST

- blueberry muffin

LUNCH

- scoops w/ chicken & green chile cheese dip
 - o smoky black eyed peas & grape tomatoes

17

BREAKFAST

- zee zee berry apple crisp bar

LUNCH

- cheese pizza panada pie (VG)
 - o island carrots

18

BREAKFAST

- cinnamon crumble

LUNCH

- hot dog (DF)
 - o chili citrus corn

19

BREAKFAST

- HOT cinnamon toast bagel

LUNCH

- sesame chicken wrap
 - o celery sticks w/ ranch

20

BREAKFAST

- HOT french toast, turkey sausage & egg combo

LUNCH

- chicken taco trio
 - o broccoli & carrot salad

21

BREAKFAST

- HOT omelet w/cheese

LUNCH

- general tso's chicken
 - o baby carrots
 - o black beans

24

BREAKFAST

- dipperdoodle bar

LUNCH

- bbq beef flatbread melt
 - o broccoli

25

BREAKFAST

- HOT chicken sausage & omelet gordita

LUNCH

- **NEW** chicken gumbo & cornbread
 - o steamed corn

26

BREAKFAST

- french toast muffin

LUNCH

- sloppy joe (DF)
 - o coleslaw

27

BREAKFAST

- HOT mini cheese omelet w/french toast sticks

LUNCH

- lone star bbq chicken sandwich
 - o steamed carrots

28

BREAKFAST

- blueberry muffin

LUNCH

- bean & cheese quesadilla (VG)
 - o pinto beans & grape tomatoes w/ ranch