

September 2010 Menu Bank		ALLERGENS							
Category	Meal	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Breakfast	Shredded Spoonfuls/Fruit		x	x					
Breakfast	Go Lean Crunch/Fruit		x	x					
Breakfast	Heart to Heart Cereal/Fruit		x						
Breakfast	Tripple Berry Crunch/Fruit		x	x					
Breakfast	Apple Cinnamon Smiles/Fruit		x						
Breakfast	Toasted O's/Fruit		x						
Breakfast	Granola/Yogurt/Fruit	x							
Breakfast	Granola/Fruit								
Breakfast	Plain Bagel/Cream Cheese/Fruit	x	x						
Breakfast	Cinnamon Raisin Bagel/Cream Cheese/Fruit	x	x						
Breakfast	Corn Muffin/Fruit	x	x		x				
Breakfast	Blueberry Muffin/Fruit	x	x		x				
Breakfast	BananaMuffin/Fruit	x	x		x				
Breakfast	Apple Baker's Muffin/Fruit	x	x		x				
Breakfast	Lemon Poppyseed Muffin/Fruit	x	x		x				
Breakfast	Cinnamon Roll/Fruit		x						
Breakfast	Sweet Cheese Morning Bun/Fruit	x	x						
Breakfast	Zac Attack/Omega Bar		x		x				
Breakfast	Oatmeal								
Snack	Classic Rounds(BULK)/Fruit		x	x					
Snack	String Cheese/Fruit or Baby Carrots	x							
Snack	Goldfish Pretzels/Fruit or Apple Juice or Cut Fruit/Veg	x	x	x					
Snack	Goldfish Cheese Crackers/Fruit or Apple Juice or Cut Fruit/Veg	x	x	x					
Snack	Crispy Cheddars/Fruit or Apple Juice or Baby Carrots	x	x						
Snack	Crispy Wheats/Fruit or Apple Juice or Baby Carrots		x						
Snack	Milton's Crackers/Fruit or Apple Juice or Baby Carrots		x	x					
Snack	MultiGrain Gardn Herb Pita Chips/Fruit or Apple Juice or Baby Carrots		x						
Snack	Sea Salt Pita Chips/Fruit or Apple Juice or Baby Carrots		x						
Snack	Bunny Grahams/Fruit or Apple Juice or Baby Carrots		x	x					
Snack	Pepitas Seeds/Fruit or Apple Juice or Baby Carrots								
Snack	HoneyNutz/Fruit or Apple Juice or Baby Carrots			x					
Snack	Sunflower Seeds/Fruit or Apple Juice or Baby Carrots								
Snack	Blaze-in Hot Seeds/Fruit or Apple Juice or Baby Carrots	x							
Snack	Yogurt/Fruit	x							
Snack	Zac Attack Bar		x		x				
Snack	Hummus/Cut Apples								
Snack	Hummus/Cut Vegetables								
Snack	Hummus/Miltons Crackers		x	x					
Snack	White Bean Dip/Cut Vegetables								
Snack	Cheesy Popalongs/Fruit	x							
Snack	Cinnamon Popalongs/Fruit								
Lunch	Cheesy Chicken Quesadilla	x	x						
Lunch	All Natural Bean and Cheese Quesadilla	x	x						
Lunch	All Natural Beef Taco	x	x	*					
Lunch	All Natural Dairy Free Beef Taco		x	*					
Lunch	Bean and Cheese Nachos with Corn Salsa and Pita Chips	x	x						
Lunch	Beef, Bean and Cheese Nachos with Corn Salsa and Pita Chips	x	x						
Lunch	Bean and Cheese Nachos with Tomatillo Salsa and Pita Chips	x	x						
Lunch	Beef, Bean and Cheese Nachos with Tomatillo Salsa and Pita Chips	x	x						
Lunch	Beans and Rice	x							
Lunch	Covered 'n' Cheesy Chicken Burrito	x	x						
Lunch	Homemade Bean & Cheese Burrito	x	x						
Lunch	All Natural Beef, Bean, and Cheese Burrito	x	x						
Lunch	All Natural Dairy Free Beef and Bean Burrito		x						
Lunch	All Natural Chicken Fajita Burrito	x	x						
Lunch	Chicken and Cheese Enchilada	x							
Lunch	Cheese Enchilada	x		x					
Lunch	Chicken and Cheese Enchilada with Verde Sauce	x							
Lunch	Cheese Enchilada with Verde Sauce	x		x					

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Category	Meal	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Lunch	Chicken Tamale			x					
Lunch	Cheese Tamale	x		*					
Lunch	All Natural Dairy Free Hamburger on a Fresh Baked Bun		x	x	x				
Lunch	All Natural Cheeseburger on a Fresh Baked Bun	x	x	x	x				
Lunch	All Natural BBQ Chicken Sandwich	x	x	x					
Lunch	SloppyJoe		x	x					
Lunch	Grilled Chicken Sandwich		x	x	x				
Lunch	All Natural Beef Hot Dog		x	x					
Lunch	Egg & Cheese Sandwich	x	x		x				
Lunch	Chicken Vegetable Soup		x	x					
Lunch	Garden Vegetable Bean Soup		x	x					
Lunch	Homemade 3-Bean, Veggie Chili with Cheese	x	x	x					
Lunch	All Natural Beef and Bean Chili with Cheese	x	x	x					
Lunch	All Natural Dairy Free Beef and Bean Chili		x	x					
Lunch	All Natural BBQ Chicken w/Cheesy Potatoes and Collard Greens	x	x	x					
Lunch	All Natural Dairy Free BBQ Chicken w/Roasted Potatoes and Collard Greens		x	x					
Lunch	All Natural Dairy Free BBQ Chicken w/Brown or White Rice and Collard Greens			x					
Lunch	All Natural Honey Glazed Chicken with Potatoes and Maple Carrots		x	x					
Lunch	All Natural Teriyaki Chicken with Stir Fry Vegetables and Not So Fried Rice		x	x					
Lunch	All Natural Teriyaki Tofu with Stir Fry Vegetables and Not So Fried Rice	x	x	x					
Lunch	Chicken Bites with Seasoned Pasta (PS ONLY)		x	x					
Lunch	SW Black Bean Bowl w/ Cilantro Rice & Baked Tofu	x		x					
Lunch	Macaroni and Cheese	x	x						
Lunch	Pasta Alfredo	x	x	* (PS)					
Lunch	Cheese Lasagna	x	x						
Lunch	Pasta Marinara with Parmesan	x	x						
Lunch	Cheese Tortellini	x	x	x	x				
Lunch	Pasta Fagioli	x	x						
Lunch	Turkey Meatloaf w/ Pasta Fagioli	x	x						
Lunch	Baked Ziti with Zesty Hamburger and Cheese	x	x						
Lunch	Spaghetti with All Natural Meatballs	x	x	x					
Lunch	Dairy Free Spaghetti with All Natural Meatballs		x	x					
Lunch	Dairy Free Pasta Marinara with All Natural Meatballs		x	x					
Lunch	Deep Dish Cheese Pizza	x	x	* (PS)	x (K-12)				
Lunch	Deep Dish Sausage Pizza	x	x	* (PS)	x (K-12)				
Lunch	Turkey Sausage Jambalaya			*					
Lunch	Chicken Caesar Salad	x	x	x	x			x	
Lunch	Southwest Chicken Salad		x	x					
Lunch	Sesame Chicken Salad		x	x					

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Lunch	Chicken Chopped Salad	x	x	x					
Lunch	Chef's Salad	x	x	x					
Lunch	Vegetarian Chef's Salad	x	x	x					
Lunch	Taco Salad with Beef and Cheese	x	x	x					
Lunch	Vegetarian Taco Salad	x	x	x					
Lunch	Italian White Bean Salad	x	x	x					
Lunch	Chicken Caesar Wrap	x	x	x (7-12 only)	x			x	
Lunch	Southwest Chicken Wrap	x	x	x					
Lunch	Southwest Chicken Wrap (Dairy Free)		x	x					
Lunch	BBQ Turkey and Cheese Wrap	x	x		x				
Lunch	Ham & Cheese Wrap	x	x		x				
Lunch	Sesame Chicken Wrap		x	x	x				
Lunch	Mediterranean Wrap	x	x						
Lunch	Veggie Wrap with Garbanzo Bean Salad	x	x		x				
Lunch	Ham and Cheese Sandwich	x	x	x	x				
Lunch	Turkey and Cheese Sandwich	x	x	x	x				
Lunch	Dairy Free Turkey Sandwich		x	x	x				
Lunch	Chicken Salad Sandwich		x	x	x				
Lunch	Roast Beef Sandwich	x	x	x	x				
Lunch	Hummus and Cheese Sandwich with Cucumber	x	x	x					
Lunch	Hummus and Cheese Sandwich	x	x	x					
Lunch	Cheese Sandwich	x	x	x	x				
Lunch	Mozzarella Hoagie with Marinara	x	x	x					
Lunch	Field Trip Yogurt Meal (K-12 only)	x	x	x					
Lunch	Field Ttip Yogurt Meal (PS only)	x	x	x					

* All steamed vegetable sides *may* contain soy (from soy butter).

Revolution Foods **does not use peanut or tree-nut ingredients** in any of our recipes and **we do not handle peanuts or tree nuts in our facility**. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.

Please note that our facility handles ingredients that contain egg, soy, milk and wheat for our non-dietary restricted meals.

For very severe allergies, we encourage parents to send lunch with their child from home.

****The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Revolution Foods develops new menu items or modifies existing recipes.**

Effective date: September 1, 2010 This document supersedes any previously published document reporting allergens.

