

Winter 2010 Menu Bank		ALLERGENS							
Category	Meal	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Breakfast	Shredded Spoonfuls/Fruit		x	x					
Breakfast	Corn Muffin/Fruit	x	x	x	x				
Breakfast	Blueberry Muffin/Fruit	x	x		x				
Breakfast	BananaMuffin/Fruit	x	x		x				
Breakfast	Apple Baker's Muffin/Fruit		x						
Breakfast	Sweet Cheese Morning Bun/Fruit	x	x						
Breakfast	Cinnamon Roll/Fruit		x						
Breakfast	Plain Bagel/Cream Cheese/Fruit	x	x						
Breakfast	Cinnamon Raisin Bagel/Cream Cheese/Fruit	x	x						
Breakfast	Granola/Yogurt/Fruit	x							
Breakfast	Granola/Fruit								
Breakfast	Go Lean Crunch/Fruit		x	x					
Breakfast	Heart to Heart Cereal/Fruit		x						
Snack	String Cheese/Fruit or Baby Carrots	x							
Snack	Goldfish Pretzels/Fruit or Apple Juice or Baby Carrots	x	x	x					
Snack	Goldfish Cheese Crackers/Fruit or Apple Juice or Baby Carrots	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	Pepitas Seeds/Fruit or Apple Juice or Baby Carrots								
Snack	HoneyNutz/Fruit or Apple Juice or Baby Carrots			x					
Snack	Blaze-in Hot Seeds/Fruit or Apple Juice or Baby Carrots	x							
Snack	Yogurt/Fruit	x							
Lunch	All Natural Dairy Free Hamburger on a 100% Whole Wheat Bun		x	x	x				
Lunch	All Natural Cheeseburger on a 100% Whole Wheat Bun	x	x						
Lunch	All Natural BBQ Chicken Sandwich with Cheese	x	x						
Lunch	SloppyJoe/Fruit		x						
Lunch	Chicken Noodle Soup	x (P6 only)	x	x (K-12 only)					

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Category	Meal	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Lunch	Chicken Vegetable Soup	x (P6 only)	x	x (K-12 only)					
Lunch	Garden Vegetable White Bean Soup		x	x					
Lunch	All Natural Chicken Quesadilla with Brown Spanish Rice	x	x						
Lunch	All Natural Bean and Cheese Quesadilla with Brown Spanish Rice	x	x						
Lunch	All Natural Beef Taco with Brown Spanish Rice	x	x						
Lunch	All Natural Dairy Free Beef Taco with Brown Spanish Rice		x						
Lunch	Pinto Beans and Rice with Corn Salsa and Cheese	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 BBQ Chicken w/Cheesy Potatoes	x	x	x					
Lunch	All Natural Dairy Free BBQ Chicken w/Roasted Potatoes		x	x					
Lunch	All Natural Dairy Free BBQ Chicken w/Brown or White Rice			*					
Lunch	All Natural Honey Glazed Chicken with Potatoes (K-12 only)		x	x					
Lunch	All Natural Dairy Free Herb Roasted Chicken with Basmati Rice		x	x					

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Category	Meal	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Lunch	All Natural Teriyaki Chicken with Stir Fry Vegetables and Noodles		x	x	x				
Lunch	All Natural Teriyaki Tofu with Stir Fry Vegetables and Noodles	x	x	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	Homemade 3-Bean, Veggie Chili with Cheese	x	x	x	x				
Lunch	All Natural Dairy Free Beef and Bean Chili		x						
Lunch	All Natural Beef and Bean Chili with Cheese	x	x	x	x				
Lunch	All Natural Beef Hot Dog (K-12 only)		x						
Lunch	Pasta Marinara with Parmesan Cheese	x	x	*					
Lunch	Dairy Free Pasta with Beef Marinara		x	x	x				
Lunch	Cheese Tortellini	x	x		x				
Lunch	Spaghetti with All Natural Meatballs	x	x	x	x				
Lunch	Dairy Free Spaghetti with All Natural Meatballs		x	x	x				
Lunch	Pasta Alfredo with Vegetables	x	x	x	x				
Lunch	Baked Ziti with Zesty Hamburger and Cheese	x	x						
Lunch	All Natural Cheese Pizza with Carrots	x	x						

Winter 2010 Menu Bank		ALLERGENS							
Category	Meal	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Lunch	Chicken Tamale with Brown Spanish Rice			x					
Lunch	Cheese Tamale with Brown Spanish Rice	x		x					
Lunch	Macaroni and Cheese	x	x	*					
Lunch	Breakfast Sandwich with Sausage (and Egg)	x	x	x (PS, P6, 7-12)	x				
Lunch	Vegetarian Breakfast Sandwich with Egg and Cheese	x	x	x (PS, P6, 7-12)	x				
Lunch	Dairy Free Breakfast Sandwich with Sausage and Egg		x	x (P6, 7-12)	x				
Lunch	All Natural Cheesy, Smothered Chicken Burrito	x	x						
Lunch	Black Eyed Peas with Smoked Turkey and Rice			*					
Lunch	Black Eyed Peas with Rice (VEG)			*					
Lunch	Turkey Sausage Jambalaya			*					
Lunch	Beef and Broccoli with Not So Fried Rice		x	x					
Lunch	Chicken Strip with Seasoned Pasta		x	*					
Lunch	Pasta Fagioli	x	x	*					
Lunch	Turkey Meatloaf w/ Pasta Fagioli	x	x	*					
Lunch	SW Black Bean Bowl w/ Cilantro Rice & Baked Tofu	x		x					
Lunch	Grilled Chicken Sandwich		x	x	x				
Lunch	Chicken Caesar Salad	x	x		x			x	
Lunch	Southwest Chicken Salad		x	x					
Lunch	Sesame Chicken Salad		x	x					

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Category	Meal	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish
Lunch	Italian White Bean Salad	x	x	x					
Lunch	Chicken Chopped Salad	x	x	x					
Lunch	BBQ Turkey and Smoked Cheese Wrap	x	x	x	x				
Lunch	Chicken Caesar Wrap	x	x		x			x	
Lunch	Southwest Chicken Wrap	x	x	x					
Lunch	Mediterranean Wrap	x	x						
Lunch	Turkey and Cheese Sandwich	x	x	x	x				
Lunch	Hummus and Cheese Sandwich	x	x	x	x (K-12 only)				
Lunch	Cheese Sandwich	x	x	x	x				
Lunch	Dairy Free Turkey Sandwich		x	x	x				
Lunch	Ham and Cheese Sandwich	x	x	x	x				
Lunch	FT Yogurt Meal (K-12 only)	x	x	x					
Lunch	FT Yogurt Meal (PS, P6 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: February 1, 2010 This document supersedes any previously published document reporting allergens.