



Meal Calendar for CAPCS Amos Elementary September 2009

M	T	W	T	F	
<p>Aug 31</p> <ul style="list-style-type: none"> - Spaghetti with All Natural Meatballs and Cheese,... - Linguini Alfredo with Seasonal Vegetables, Wheat... - Dairy Free Spaghetti with All Natural Meatballs,... 	<p>Sep 1</p> <ul style="list-style-type: none"> - All Natural BBQ Chicken with Cheesy Potatoes, Se... - All Natural Vegetarian BBQ Riblettes with Cheesy... - All Natural BBQ Chicken with Roasted Potatoes, S... 	<p>Sep 2</p> <ul style="list-style-type: none"> - All Natural Chicken Hot Dog on a 100% Whole Wheat Bu... - Homemade 3-Bean Veggie Chili with Cheese, Wheat ... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep 3</p> <ul style="list-style-type: none"> - All Natural Honey Glazed Chicken Thigh with Seas... - Garden Vegetable Bean Soup with Wheat Dinner Rol... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep 4</p> <ul style="list-style-type: none"> - Homemade Bean, Cheese and Rice Burrito with Fres... - All Natural Dairy Free Beef, Bean and Rice Burritob> with Fresh Fruit (multiple variations)... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep</p>
<p>Sep 7</p>	<p>Sep 8</p> <ul style="list-style-type: none"> - All Natural Teriyaki Chicken with Stir Fry Veget... - All Natural Teriyaki Tofu with Stir Fry Vegetabl... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep 9</p> <ul style="list-style-type: none"> - Beef Soft Taco with Spanish Rice, Seasonal Veget... - Bean and Cheese Quesadilla with Spanish Rice, Se... - Dairy Free Beef Taco with Spanish Rice, Seasonal... 	<p>Sep 10</p> <ul style="list-style-type: none"> - Roasted Chicken with Yams, Seasonal Vegetables, ... - All Natural Vegetarian BBQ Riblettes with Cheesy... - Roasted Chicken with Yams, Seasonal Vegetables, ... 	<p>Sep 11</p> <ul style="list-style-type: none"> - Garden Vegetable Bean Soup with Wheat Dinner Rol... - Chicken & Vegetable Noodle Soup with Wheat Dinne... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep</p>
<p>Sep 14</p> <ul style="list-style-type: none"> - Spaghetti with All Natural Meatballs and Cheese,... - Linguini Alfredo with Seasonal Vegetables, Wheat... - Dairy Free Spaghetti with All Natural Meatballs,... 	<p>Sep 15</p> <ul style="list-style-type: none"> - All Natural BBQ Chicken with Cheesy Potatoes, Se... - All Natural Vegetarian BBQ Riblettes with Cheesy... - All Natural BBQ Chicken with Roasted Potatoes, S... 	<p>Sep 16</p> <ul style="list-style-type: none"> - All Natural Chicken Hot Dog on a 100% Whole Wheat Bu... - Homemade 3-Bean Veggie Chili with Cheese, Wheat ... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep 17</p> <ul style="list-style-type: none"> - All Natural Honey Glazed Chicken Thigh with Seas... - Garden Vegetable Bean Soup with Wheat Dinner Rol... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep 18</p> <ul style="list-style-type: none"> - Homemade Bean, Cheese and Rice Burrito with Fres... - All Natural Dairy Free Beef, Bean and Rice Burritob> with Fresh Fruit (multiple variations)... - All Natural Turkey and Cheese on a Fresh Baked Roll<... 	<p>Sep</p>
<p>Sep 21</p> <ul style="list-style-type: none"> - Cheese Tortellini with Marinara, Seasonal Vegeta... - Pasta with Beef Marinara Sauce, Seasonal Vegetab... 	<p>Sep 22</p> <ul style="list-style-type: none"> - All Natural Teriyaki Chicken with Stir Fry Veget... - All Natural Teriyaki Tofu with 	<p>Sep 23</p> <ul style="list-style-type: none"> - Beef Soft Taco with Spanish Rice, Seasonal Veget... - Bean and Cheese Quesadilla with Spanish Rice, Se... 	<p>Sep 24</p> <ul style="list-style-type: none"> - Roasted Chicken with Yams, Seasonal Vegetables, ... - All Natural Vegetarian BBQ Riblettes with 	<p>Sep 25</p> <ul style="list-style-type: none"> - Garden Vegetable Bean Soup with Wheat Dinner Rol... - Chicken & Vegetable Noodle Soup with Wheat 	<p>Sep</p>

- All Natural Turkey and Cheese on a Fresh Baked Roll<...

Stir Fry Vegetabl...
- All Natural Turkey and Cheese on a Fresh Baked Roll<...

- Dairy Free Beef Taco with Spanish Rice, Seasonal...

Cheesy...
- Roasted Chicken with Yams, Seasonal Vegetables, ...

Dinne...
- All Natural Turkey and Cheese on a Fresh Baked Roll<...

Sep 28

- Spaghetti with All Natural Meatballs and Cheese,...
- Linguini Alfredo with Seasonal Vegetables, Wheat...
- Dairy Free Spaghetti with All Natural Meatballs,...

Sep 29

- All Natural BBQ Chicken with Cheesy Potatoes, Se...
- All Natural Vegetarian BBQ Riblettes with Cheesy...
- All Natural BBQ Chicken with Roasted Potatoes, S...

Sep 30

- All Natural Chicken Hot Dog on a 100% Whole Wheat Bu...
- Homemade 3-Bean Veggie Chili with Cheese, Wheat ...
- All Natural Turkey and Cheese on a Fresh Baked Roll<...

Oct 1

Oct 2

Oct

CHEF RESERVES THE RIGHT TO CHANGE MENU FOR SEASONALITY AND NEW MENU INNOVATION.

Quality Standards: Our menus are based on fresh, seasonal items and we use organic, locally produced ingredients whenever possible. Our meats, baked goods, and produce meet Whole Foods Market's stringent quality standards. All Revolution Foods meals are served with milk that is rBST-free. Vegetarian & Dairy-free options available daily