

December 2017 Elementary Breakfast & Lunch Menu

RSD is an equal opportunity provider. Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: right;">1</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cook's Choice Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Broccoli Cauliflower Sliced Apples Strawberry Cup Pears Milk</p>
<p style="text-align: right;">4</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Nuggets Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Apricots Raisins Baby Corn Cherry Tomatoes Milk</p>	<p style="text-align: right;">5</p> <p>Breakfast: Stuffed Croissant Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Corn Dog Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Satsumas Applesauce Edamame Celery Sticks Baby Carrots Milk</p>	<p style="text-align: right;">6</p> <p>Breakfast: Cinnamon Bun Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Taco Snack Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Dried Cranberries Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk</p>	<p style="text-align: right;">7</p> <p>Breakfast: Apple Frudel Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Drumstick & Waffles Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk</p>	<p style="text-align: right;">8</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese Breadsticks Pizza Dipping Sauce Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Broccoli Cauliflower Sliced Apples Strawberry Cup Pears Milk</p>
<p style="text-align: right;">11</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Popcorn Chicken Nutrition Bar Pal Pack</p>	<p style="text-align: right;">12</p> <p>Breakfast: Banana Bread Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Beef or Cheese Ravioli Dinner Roll</p>	<p style="text-align: right;">13</p> <p>Breakfast: Breakfast Sliders Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese or Pepperoni Personal Pizza</p>	<p style="text-align: right;">14</p> <p>Breakfast: Pancakes Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Patty with Bun Nutrition Bar Pal Pack</p>	<p style="text-align: right;">15</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Grilled Cheese Sandwich</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Protein Pal Pack Tossed Salad Apricots Raisins Baby Corn Cherry Tomatoes Milk	Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Satsumas Applesauce Edamame Celery Sticks Baby Carrots Milk	Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk	Red Velvet Cookie Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Broccoli Cauliflower Sliced Apples Strawberry Cup Pears Milk
18 No School Winter Break	19 No School Winter Break	20 No School Winter Break	21 No School Winter Break	22 No School Winter Break
25 No School Winter Break	26 No School Winter Break	27 No School Winter Break	28 No School Winter Break	29 No School Winter Break

Milk options: Fat free white, low fat white, and fat free chocolate. Soy milk available upon request.

Remember to take at least a ½ cup of fruit at breakfast and at least a ½ cup of fruit or vegetable at lunch for a complete meal!

Renton School District offers breakfast daily! Students who qualify for Free or Reduced Lunch also qualify for Free Breakfast.