

September 2018 Elementary Breakfast & Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk options: Fat free white, low fat white, and fat free chocolate. Soy milk available upon request.</p> <p>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!</p>	<p>Renton School District offers breakfast daily! Students who qualify for Free or Reduced Lunch also qualify for Free Breakfast.</p>	<p>29</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Mini Twin Burgers Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk</p>	<p>30</p> <p>Breakfast: Cinnamon Bun Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese & Pepperoni Personal Pizza Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Strawberry Cup Peas Cucumber Slices Milk</p>	<p>31</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Corn Dog Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Peaches Broccoli and Cauliflower Crowns Milk</p>
<p>3</p> <p>No School Labor Day</p>	<p>4</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Grilled Cheese Sandwich Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk</p>	<p>5</p> <p>Breakfast: Breakfast Sliders Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Nuggets Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk</p>	<p>6</p> <p>Breakfast: Pancakes Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Bean & Cheese Burrito Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Strawberry Cup Peas Cucumber Slices Milk</p>	<p>7</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese Pizza Sticks Pizza Dipping Sauce Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Peaches Broccoli and Cauliflower Crowns Milk</p>
<p>10</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Popcorn Chicken Nutrition Bar Pal Pack</p>	<p>11</p> <p>Breakfast: Berry Breadsticks Fruit Juice Fresh Fruit Milk</p> <p>Lunch: French Toast Turkey Sausage Patties</p>	<p>12</p> <p>Breakfast: Banana Bread Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese or Pepperoni Pizza Nutrition Bar Pal Pack</p>	<p>13</p> <p>Breakfast: Taco Roll Up Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Mini Corn Dogs Nutrition Bar Pal Pack</p>	<p>14</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Drumstick Cornbread Muffin</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Protein Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Strawberry Cup Peas Cucumber Slices Milk	Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Peaches Broccoli and Cauliflower Crowns Milk
17	18	19	20	21
Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Chicken Tenders Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	Breakfast: Pancake on a Stick Fruit Juice Fresh Fruit Milk Lunch: Beef Teriyaki Dippers Whole Grain Rice Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	Breakfast: Waffles Fruit Juice Fresh Fruit Milk Lunch: Cheese Breadsticks Pizza Dipping Sauce Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	Breakfast: Mini Cinnamon Rolls Fruit Juice Fresh Fruit Milk Lunch: Chicken Patty on a Whole Grain Bun Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Strawberry Cup Peas Cucumber Slices Milk	Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cook's Choice Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Peaches Broccoli and Cauliflower Crowns Milk
24	25	26	27	28
Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Chicken Bites Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	Breakfast: Breakfast Sandwich Fruit Juice Fresh Fruit Milk Lunch: Beef Soft Taco Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	Breakfast: Apple Frudel Fruit Juice Fresh Fruit Milk Lunch: Submarine Sandwich Treat Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	Breakfast: Stuffed Croissant Fruit Juice Fresh Fruit Milk Lunch: Hot Dog on a Whole Grain Bun Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Strawberry Cup Peas Cucumber Slices Milk	Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cheese & Pepperoni French Bread Pizza Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Peaches Broccoli and Cauliflower Crowns Milk