

November 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>1</p> <p>Breakfast: Breakfast Burrito Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Sub Sandwich SunChips Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk</p>	<p>2</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese or Pepperoni Pizza Bagel Pal Pack Tossed Salad Sliced Apples Dried Cranberries Pineapple Chunks Broccoli and Cauliflower Crowns Milk</p>
<p>5</p> <p>No School Teacher Training Day</p>	<p>6</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Tenders Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk</p>	<p>7</p> <p>Breakfast: Mini Bagels Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese Breadsticks with Pizza Dipping Sauce Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk</p>	<p>8</p> <p>Breakfast: French Toast Scrambled Eggs Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Turkey with Mashed Potatoes and Gravy Whole Grain Roll Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk</p>	<p>9</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Drumstick Cornbread Muffin Bagel Pal Pack Tossed Salad Sliced Apples Dried Cranberries Pineapple Chunks Broccoli and Cauliflower Crowns Milk</p>
<p>12</p> <p>No School Veteran's Day (Observed)</p>	<p>13</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Macaroni and Cheese Yogurt Pal Pack</p>	<p>14</p> <p>Breakfast: Breakfast Wrap Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Bites Muffin Pal Pack Tossed Salad</p>	<p>15</p> <p>Breakfast: Biscuit and Sausage Breakfast Sandwich Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Four Cheese Calzone</p>	<p>16</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Bean and Cheese Burrito</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk	Bagel Pal Pack Tossed Salad Sliced Apples Dried Cranberries Pineapple Chunks Broccoli and Cauliflower Crowns Milk
19 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Corn Dog Nutrition Bar Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	20 Breakfast: Pancake on a Stick Fruit Juice Fresh Fruit Milk Lunch: Mini Twin Burgers Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	21 Breakfast: Zucchini Bread Fruit Juice Fresh Fruit Milk Lunch: Cheese Pizza Sticks with Pizza Dipping Sauce Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	22 No School Thanksgiving Break	23 No School Thanksgiving Break
26 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Popcorn Chicken Nutrition Bar Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	27 Breakfast: Breakfast Sliders Fruit Juice Fresh Fruit Milk Lunch: Beef Soft Taco Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	28 Breakfast: Berry Twin Breadsticks Fruit Juice Fresh Fruit Milk Lunch: French Toast Turkey Sausage Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	29 Breakfast: Pancakes Scrambled Eggs Fruit Juice Fresh Fruit Milk Lunch: Grilled Cheese Sandwich Tomato Soup Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk	30 No School Teacher Training Day