

June 2018 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: Cheese Breadsticks with Pizza Dipping Sauce Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Mandarin Oranges Broccoli and Cauliflower Crowns Milk</p>
<p style="text-align: right;">4</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Popcorn Chicken Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Raisins Corn Cherry Tomatoes Milk</p>	<p style="text-align: right;">5</p> <p>Breakfast: Banana Bread Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Bean & Cheese Burrito Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk</p>	<p style="text-align: right;">6</p> <p>Breakfast: Pancakes Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Stuffed Crust Cheese or Pepperoni Pizza Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Summer Berry Blend Garbanzo Beans Red Peppers Milk</p>	<p style="text-align: right;">7</p> <p>Breakfast: Mini Bagels Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Drumstick with Cornbread Muffin Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Marionberries 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: Hamburger on a Whole Grain Bun Potato Salad Vegetarian Beans Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Mandarin Oranges Broccoli and Cauliflower Crowns Milk Frosted Cookie</p>
<p style="text-align: right;">11</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit</p>	<p style="text-align: right;">12</p> <p>Breakfast: French Toast Fruit Juice Fresh Fruit Milk</p>	<p style="text-align: right;">13</p> <p>Breakfast: Apple Fruit Pocket Fruit Juice Fresh Fruit Milk</p>	<p style="text-align: right;">14</p> <p>Breakfast: Breakfast Sliders Fruit Juice Fresh Fruit Milk</p>	<p style="text-align: right;">15</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Lunch: Chicken Tenders Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Raisins Corn Cherry Tomatoes Milk	Lunch: Cheese Pizza Sticks with Pizza Dipping Sauce Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	Lunch: Mini Corn Dogs Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Summer Berry Blend Garbanzo Beans Red Peppers Milk	Lunch: Grilled Cheese Sandwich Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Marionberries Peas Cucumber Slices Milk	Milk Lunch: Cook's Choice Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Mandarin Oranges Broccoli and Cauliflower Crowns Milk
18	19	20	21	22
Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cheese or Pepperoni Pizza Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Raisins Corn Cherry Tomatoes Milk	Breakfast: Assorted Breakfast Fruit Juice Fresh Fruit Milk Lunch: Cook's Choice Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	Last Day of School Breakfast: Assorted Breakfast Fruit Juice Fresh Fruit Milk Half Day - No Lunches Served		
25	26	27	28	29
Summer Meal Program Starts				

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.