

# February 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: Pancakes Fruit Juice Fresh Fruit Milk</p> <p>Lunch: BBQ Pulled Chicken Sandwich Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Dried Cranberries Bananas Peaches Blackberries Peas Cucumber Slices Milk</p>	<p style="text-align: right;">2</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese or Pepperoni Personal Pizza Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Pears Broccoli/Cauliflower Crowns Milk</p>
<p style="text-align: right;">5</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Tenders Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Raisins Corn Cherry Tomatoes Milk</p>	<p style="text-align: right;">6</p> <p>Breakfast: Breakfast Sandwich Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Mini Twin Burgers Tater Tots 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;">7</p> <p>Breakfast: Zucchini Bread Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Cheese Breadsticks with Pizza Dipping Sauce 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;">8</p> <p>Breakfast: Cheese Quesadilla Fruit Juice Fresh Fruit Milk</p> <p>Lunch: Chicken Drumstick Cornbread Muffin Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Blackberries Peas Cucumber Slices Milk</p>	<p style="text-align: right;">9</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 Strawberry Cup Pears Broccoli/Cauliflower Crowns Milk</p>
<p style="text-align: right;">12</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p>	<p style="text-align: right;">13</p> <p>Breakfast: Chicken &amp; Biscuit Fruit Juice Fresh Fruit Milk</p>	<p style="text-align: right;">14</p> <p>Breakfast: Mini Bagels Fruit Juice Fresh Fruit Milk</p>	<p style="text-align: right;">15</p> <p>Breakfast: Pancake on a Stick Fruit Juice Fresh Fruit Milk</p>	<p style="text-align: right;">16</p> <p>Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk</p>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Lunch: Chicken Bites Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Raisins Corn Cherry Tomatoes Milk	Lunch: Cheese or Pepperoni Pizza Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	Lunch: Waffles & Yogurt 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 Blackberries Peas Cucumber Slices Milk	Lunch: Cook's Choice Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Pears Broccoli/Cauliflower Crowns Milk
19	20	21	22	23
No School Mid-Winter Break	No School Mid-Winter Break	No School Mid-Winter Break	No School Mid-Winter Break	No School Mid-Winter Break
26	27	28		
Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk  Lunch: Chicken Nuggets Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Raisins Corn Cherry Tomatoes Milk	Breakfast: French Toast Fruit Juice Fresh Fruit Milk  Lunch: Beef Teriyaki Dippers Vegetable Egg Roll Fortune Cookie Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	Breakfast: Breakfast Burrito Fruit Juice Fresh Fruit 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		

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.