

May 2018 Elementary Breakfast & Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: Mini Pancakes Fruit Juice Fresh Fruit Milk Lunch: Sweet & Sour Chicken Rice Bowl Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	2 Breakfast: Breakfast Sandwich Fruit Juice Fresh Fruit Milk Lunch: Corn Dog Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Summer Berry Blend Garbanzo Beans Red Peppers Milk	3 Breakfast: Oatmeal Raisin Bar Fruit Juice Fresh Fruit Milk Lunch: Cheese Breadsticks Pizza Dipping Sauce Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Marionberries Peas Cucumber Slices Milk	4 Breakfast: Cinnamon Bun Fruit Juice Fresh Fruit Milk Lunch: Chicken Bites with Roll Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Mandarin Oranges Broccoli and Cauliflower Crowns Milk Blue Raspberry Sorbet
7 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Chicken Nuggets Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Pears Dried Cranberries Corn Cherry Tomatoes Milk	8 Breakfast: Breakfast Sliders Fruit Juice Fresh Fruit Milk Lunch: Chicken Drumstick & Waffle Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	9 Breakfast: Zucchini Bread Fruit Juice Fresh Fruit Milk Lunch: Sub Sandwich Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Summer Berry Blend Garbanzo Beans Red Peppers Milk	10 Breakfast: Mini Bagels Fruit Juice Fresh Fruit Milk Lunch: Chicken Patty with Bun Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Marionberries Peas Cucumber Slices Milk	11 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Stuffed Crust Cheese or Pepperoni Pizza Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Mandarin Oranges Broccoli and Cauliflower Crowns Milk
14 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Popcorn Chicken	15 Breakfast: Chicken & Biscuit Breakfast Sandwich Fruit Juice Fresh Fruit Milk Lunch: Mini Corn Dogs	16 Breakfast: Taco Roll Up Fruit Juice Fresh Fruit Milk Lunch: Cheese Pizza Sticks Pizza Dipping Sauce	17 Breakfast: Mini French Toast Fruit Juice Fresh Fruit Milk Lunch: Shredded BBQ Chicken Sandwich	18 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cook's Choice

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Pears Dried Cranberries Corn Cherry Tomatoes Milk	Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Summer Berry Blend Garbanzo Beans Red Peppers Milk	Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Marionberries Peas Cucumber Slices Milk	Nutrition Bar Pal Pack Bagel Pal Pack Tossed Salad Sliced Apples Strawberry Cup Mandarin Oranges Broccoli and Cauliflower Crowns Milk
21	22	23	24	25
Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Chicken Tenders Nutrition Bar Pal Pack Protein Pal Pack Tossed Salad Blueberries Pears Dried Cranberries Corn Cherry Tomatoes Milk	Breakfast: Stuffed Croissant Fruit Juice Fresh Fruit Milk Lunch: Beef Soft Taco Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	Breakfast: Mini Cinnamon Rolls Fruit Juice Fresh Fruit Milk Lunch: Grilled Cheese Sandwich Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Summer Berry Blend Garbanzo Beans Red Peppers Milk	Breakfast: Pancake on a Stick Fruit Juice Fresh Fruit Milk Lunch: Cheese or Pepperoni Personal Pizza Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Marionberries Peas Cucumber Slices Milk	No School
28	29	30	31	
No School Memorial Day	Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Mini Twin Burgers Nutrition Bar Pal Pack Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Raspberries Edamame Celery Sticks Baby Carrots Milk	Breakfast: Apple Frudel Fruit Juice Fresh Fruit Milk Lunch: Pepperoni Pizza Pocket Nutrition Bar Pal Pack Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Summer Berry Blend Garbanzo Beans Red Peppers Milk	Breakfast: Breakfast Burrito Fruit Juice Fresh Fruit Milk Lunch: Corn Dog Nutrition Bar Pal Pack Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Marionberries Peas Cucumber Slices 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.