

May 2019 Elementary Breakfast & Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast: Mini Cinni's Fruit Juice Fresh Fruit Milk Lunch: Cheese Pizza Sticks Pizza Dipping Sauce Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	2 Breakfast: Waffles Scrambled Eggs Fruit Juice Fresh Fruit Milk Lunch: Beef Hot Dog on a Bun Cinnamon Breakfast Round Pal Pack Tossed Salad Potato Salad Bananas Peaches Peas Cucumber Slices Milk	3 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Hero Sub Sandwich Sun Chips Bagel Pal Pack Tossed Salad Sliced Apples Dried Cranberries Pineapple Chunks Broccoli and Cauliflower Crowns Milk
6 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cheese Quesadilla Whole Wheat Cracker Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	7 Breakfast: Breakfast Wrap Fruit Juice Fresh Fruit Milk Lunch: French Toast Turkey Sausage Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	8 Breakfast: Banana Bread Fruit Juice Fresh Fruit Milk Lunch: Chicken Tenders Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	9 Breakfast: Biscuit & Sausage Patty Fruit Juice Fresh Fruit Milk Lunch: Beef Teriyaki Dippers with Vegetable Egg Roll Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk	10 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cheese or Pepperoni Stuffed Crust Pizza Bagel Pal Pack Tossed Salad Sliced Apples Dried Cranberries Pineapple Chunks Broccoli and Cauliflower Crowns Milk
13 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cheese Breadsticks Pizza Dipping Sauce	14 Breakfast: Chicken & Biscuit Breakfast Sandwich Fruit Juice Fresh Fruit Milk Lunch: Macaroni & Cheese Yogurt Pal Pack	15 Breakfast: Fruit Pocket Fruit Juice Fresh Fruit Milk Lunch: Mini Corn Dogs Muffin Pal Pack Tossed Salad	16 Breakfast: Pancakes Cheese Omelet Fruit Juice Fresh Fruit Milk Lunch: Hamburger on a Bun with Tater Tots	17 Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Chicken Drumstick with Waffle

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Wheat Cracker Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	Tossed Salad Sour Orange Raisins 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
20	21	22	23	24
Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Popcorn Chicken Whole Wheat Cracker Pal Pack Tossed Salad Berries Pears Corn Cherry Tomatoes Milk	Breakfast: Pancake on a Stick Fruit Juice Fresh Fruit Milk Lunch: Beef Nachos with Cheese Cup Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	Breakfast: Cinnamon Bun Fruit Juice Fresh Fruit Milk Lunch: Cheese or Pepperoni French Bread Pizza Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	Breakfast: English Muffin Scrambled Eggs Fruit Juice Fresh Fruit Milk Lunch: Chicken Patty on a Bun Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk	Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Cook's Choice Bagel Pal Pack Tossed Salad Sliced Apples Dried Cranberries Pineapple Chunks Broccoli and Cauliflower Crowns Milk
27	28	29	30	31
No School Memorial Day	Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: Chicken Bites Yogurt Pal Pack Tossed Salad Orange Wedges Applesauce Edamame Celery Sticks Baby Carrots Milk	Breakfast: Breakfast Sliders Fruit Juice Fresh Fruit Milk Lunch: Mini Cheese Calzones Muffin Pal Pack Tossed Salad Whole Apple Mixed Fruit Garbanzo Beans Red Peppers Milk	Breakfast: French Toast Turkey Sausage Fruit Juice Fresh Fruit Milk Lunch: Corn Dog Cinnamon Breakfast Round Pal Pack Tossed Salad Bananas Peaches Peas Cucumber Slices Milk	Breakfast: Assorted Cereals Grahams Fruit Juice Fresh Fruit Milk Lunch: BBQ Beef Rib on a Hoagie Roll Bagel Pal Pack Tossed Salad Sliced Apples Dried Cranberries Pineapple Chunks Broccoli and Cauliflower Crowns Milk

Milk options: Fat free white, low fat 1% 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.

*All grain items are whole-grain rich.