



OCTOBER 2017 ELEMENTARY BREAKFAST AND LUNCH MENU

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

Menu available on the RSD website at http://www.rentonschools.us/departments/Nutrition_Services

MONDAY				TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
Cereal	Grahams	Juice	Milk	Mini Bagels	Juice	Milk	Apple Frudel	Juice	Milk	Cinnamon Bun	Juice	Milk	Cereal	Grahams	Juice	Milk
2 WHOLE GRAIN CHICKEN NUGGETS 5 Star Offer Bar Milk				3 WHOLE GRAIN TURKEY HAM & CHEESE STUFFED PRETZEL 5 Star Offer Bar Milk			4 SOUTHWESTERN SALSA STEAK CHILI Cornbread Muffin Rainbow Slaw 5 Star Offer Bar Milk <i>Taste of Washington Day</i>			5 WHOLE GRAIN GRILLED CHEESE SANDWICH (V) 5 Star Offer Bar Milk			6 NO SCHOOL TEACHER TRAINING DAY			
9 WHOLE GRAIN POPCORN CHICKEN 5 Star Offer Bar Milk				10 SWEET & SOUR CHICKEN Whole Grain Rice Asian Slaw 5 Star Offer Bar Milk			11 WHOLE GRAIN CORN DOG 5 Star Offer Bar Milk			12 WHOLE GRAIN BEAN AND CHEESE BURRITO (V) 5 Star Offer Bar Milk			13 WHOLE GRAIN CHEESE & PEPPERONI STUFFED CRUST PIZZA (P) 5 Star Offer Bar Milk			
16 WHOLE GRAIN CHICKEN TENDERS 5 Star Offer Bar Milk				17 WHOLE GRAIN MINI TWIN BURGERS Coleslaw 5 Star Offer Bar Milk			18 WHOLE GRAIN CHEESE QUESADILLA (V) 5 Star Offer Bar Milk			19 WHOLE GRAIN CHICKEN DRUMSTICK Whole Grain Waffles 5 Star Offer Bar Milk			20 WHOLE GRAIN CHEESE PIZZA STICKS (V) Pizza Dipping Sauce 5 Star Offer Bar Milk			
23 WHOLE GRAIN CHICKEN BITES 5 Star Offer Bar Milk				24 WHOLE GRAIN MINI CORN PUPS 5 Star Offer Bar Milk			25 WHOLE GRAIN FRENCH BREAD CHEESE (V) OR PEPPERONI (P) PIZZA 5 Star Offer Bar Milk			26 CHICKEN PATTY w/ WHOLE GRAIN BUN Cabbage & Pea Salad 5 Star Offer Bar Milk			27 COOK'S CHOICE 5 Star Offer Bar Milk			
30 WHOLE GRAIN TURKEY HAM & CHEESE RIPPER 5 Star Offer Bar Milk				31 BEEF NACHOS W/CHEESE CUP Whole Grain Tortilla Chips Mini Rice Krispies Treat 5 Star Offer Bar Milk						Harvest of the month: Cabbage 			Key: (P) = Item Contains Pork (V) = Vegetarian Item			

Monday 5 Star Offer Bar

- Tossed Salad
- Apricots
- Raisins
- Corn
- Cherry Tomatoes

Tuesday 5 Star Offer Bar

- Tossed Salad
- Orange Wedges
- Applesauce
- Edamame
- Celery Sticks & Baby Carrots

Wednesday 5 Star Offer Bar

- Tossed Salad
- Whole Apple
- Mixed Fruit
- Garbanzo Beans
- Red Peppers

Thursday 5 Star Offer Bar

- Tossed Salad
- Bananas
- Peaches
- Peas
- Cucumber Slices

Friday 5 Star Offer Bar

- Tossed Salad
- Sliced Apples
- Strawberry Cup
- Pears
- Broccoli/Cauliflower Crowns

Weekly Second Choice Offerings:

Monday	Tuesday	Wednesday	Thursday	Friday
Hard Boiled Egg Pal Pak Colby Jack Cheese Whole Grain Annie Bunny Crackers (V)	Yogurt Pal Pack String Cheese Whole Grain Granola (V)	Whole Grain Blueberry Muffin Pal Pak String Cheese Sunflower Seeds (V)	Whole Grain Breakfast Round Pal Pak GO BIG Yogurt Tube String Cheese (V)	Whole Grain Bagel Pal Pack Cream Cheese String Cheese Chickpeas (V)

Milk Available Daily:



Fat Free White
Low Fat White
Fat Free Chocolate

**Soymilk 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!



**First class learning starts with first
 class nutrition!**

*(Students who qualify for Free or Reduced Lunch
 also qualify for Free Breakfast)*

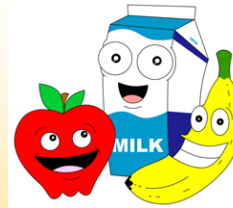


**Check out our NEW, INTERACTIVE
 online menus:**

<http://www.healtheliving.net/instance/2043211/district/21>

*Here you will be able to view allergen and ingredient
 information, nutrition facts and more!*

Elementary Meal Prices:



Breakfast- \$1.50
Lunch- \$2.75



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