



DECEMBER 2019 RENTON SCHOOL DISTRICT MEADOW CREST MENU

SERVICE | EXCELLENCE | EQUITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mini Cinnis Apple Slices Milk	Breakfast Bread Tropical Fruit Milk	French Toast Banana Milk	
2 NO SCHOOL TEACHER TRAINING DAY	3 GRILLED CHEESE SANDWICH Edamame Mixed Fruit Snack: Sun Chips & Co-Jack Cheese	4 CHEESE PIZZA BAGEL Spinach Salad with Romaine Orange Wedges Snack: Muffin Flat & Banana	5 MINI TERIYAKI CHICKEN BURGERS Corn Apple Slices Snack: Yogurt & Strawberries	6 COOK'S CHOICE Green Beans Peaches Snack: Cucumber Slices & Turkey Stick
Rice Chex Cereal Apple Slices Milk	Pancakes Apricots Milk	Muffin Strawberry Applesauce Milk	Cinnamon Bun Apple Slices Milk	
9 CHICKEN TENDERS (3) Garbanzo Beans Peaches Snack: Yogurt & Granola	10 TURKEY HAM & CHEESE ON A HAWAIIAN BUN String Cheese Peas Pineapple Chunks Snack: String Cheese & Apple Slices	11 MINI TWIN CHEESEBURGERS Sweet Potato Tots Banana Snack: Cheddar Goldfish & Hard-Boiled Egg	12 GALAXY CHEESE PIZZA Cucumber Slices Oranges Snack: Cook's Choice	13 NO SCHOOL
Cheerios Cereal Apple Slices Milk	Waffles Orange Wedges Milk	Breakfast Bread Tropical Fruit Milk	Mini Bagels Banana Milk	
16 SUNBUTTER /JELLY SANDWICH String Cheese Red Pepper Strips Mandarin Oranges Snack: Turkey Stick & Zucchini Slices	17 BREAKFAST WRAP Potato Smiles Mixed Fruit Snack: WOW Butter Cup & Apple Slices	18 CHICKEN NUGGETS (4) Spinach Salad with Romaine Pears Snack: Cheez-Its & Hard-Boiled Egg	19 BEEF DIPPERS (4) Tea Roll Edamame Apple Slices Snack: Yogurt & Blueberries	20 COOK'S CHOICE Cucumber Slices Peaches Snack: Wheat Crackers & Hummus Cup
23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 NO SCHOOL	31 NO SCHOOL			

**Low Fat 1% White Milk
Available Daily with Each
Meal!**



****Soy milk & lactose-free 1% white
milk available upon request***



**We Are Hiring!
Part-time Positions Available.**

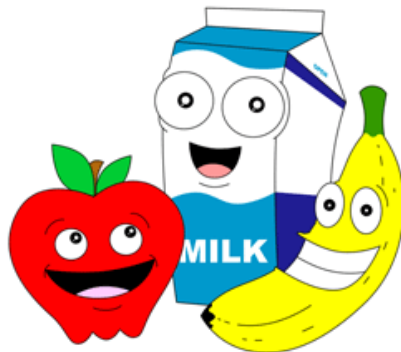
**Contact the Nutrition Services
Office for more information-
425-204-3545**



**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!**



**Renton School District Offers
Breakfast Daily!**



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

**FREE MEALS AND SNACKS
AT SCHOOL!**

All children at Meadow Crest
Early Learning Center receive
FREE meals at school!

*(Please note that available meals and snacks
depend on the start and end time of the
program in which your child is enrolled.)*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.