

Elementary

SCHOOL BREAKFAST & LUNCH MENU

October 2022

HARVEST OF THE MONTH

Carrots

First serving at no cost!

This institution is an equal opportunity provider. Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 B: Cereal & Grahams L: Hot Dog	4 B: Benefit Bar L: Chicken & Waffles	5 B: Apple Frudel L: Stuffwich Sandwich	6 B: Cinnamon Bun L: Hamburger & French Fries	7 NO SCHOOL
10 B: Cereal & Grahams L: Chicken Nuggets	11 B: Breakfast Pizza L: Nachos	12 B: Mini Bagels L: Chile Cheese Tamale	13 B: Pancake on a Stick L: French Toast & Turkey Sausage	14 B: Cereal & Grahams L: Cheese Pizza Bagel
17 B: Cereal & Grahams L: Mini Corn Dogs	18 B: UBR Round L: Chicken Teriyaki Bowl	19 B: Benefit Bar L: Cheese Breadsticks	20 B: Waffles L: Cheeseburger Sliders	21 B: Cereal & Grahams L: Fish Sticks
24 B: Cereal & Grahams L: Chicken Tenders	25 B: Apple Cinnamon Bread L: Cook's Choice	26 B: Minni Cinni's L: Cheese Quesadilla	27 B: Breakfast Burrito L: Beef Dippers & WW Roll	28 B: Cereal & Grahams L: Cheese Pizza
31 B: Cereal & Grahams L: Beef Taco Snack	For allergen & nutrition information, please visit: https://www.rentonschools.us/departments/nutrition-services-warehouse/menus			

REMINDER: Please complete the **Family Income Survey!** It is available at <https://www.rentonschools.us/departments/nutrition-services-warehouse/meal-applications>. Parents and guardians of students in CEP schools do not have to fill out the usual free and reduced lunch application, but are asked to complete an income survey in order to ensure their child's school qualifies for federal and state funding that is determined by parent income levels.



SECOND CHOICES AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hummus, String Cheese, Pita Bread	Yogurt, Granola & String Cheese	Blueberry Muffin, String Cheese & Sunflower Seeds	Bagel & Cream Cheese, String Cheese & Sunflower Seeds	Cook's Choice Pal Pak

- * Renton School District offers breakfast daily!
- * Remember to take at least a 1/2 cup of fruit at breakfast and at least a 1/2 cup of fruit or vegetable at lunch.
- * All breakfasts come with fruit and milk options daily.
- * All lunches come with the Fruit & Vegetable Garden Bar and milk options daily.
- * Milk options: 1% white, fat-free white, fat-free chocolate, and soy (upon request)