



SEPTEMBER 2019 MEADOW CREST BREAKFAST AND LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cheerios Cereal Applesauce Cup Milk	Cinnamon Bun Apple Slices Milk	
2 NO SCHOOL LABOR DAY	3 NO SCHOOL	4 MINI TWIN CHEESEBURGERS Corn Mixed Fruit Snack: Sun Chips & Co-Jack Cheese Stick	5 CHEESE BREADSTICKS (V) Spinach Salad with Shredded Carrots Orange Wedges Snack: Blueberry Muffin Top & Banana	6 CHICKEN NUGGETS Broccoli Crowns Pineapple Chunks Snack: Cook's Choice
Rice Chex Cereal Applesauce Cup Milk	Waffles Apple Slices Milk	Breakfast Bread Tropical Fruit Milk	Mini Bagels Banana Milk	
9 GRILLED CHEESE SANDWICH (V) Red Pepper Strips Mandarin Oranges Snack: Sunbutter Cup & Apple Slices	10 BREAKFAST WRAP (V) Potato Emoji Rounds Peaches Snack: Turkey Stick & Zucchini Slices	11 CHICKEN TENDERS Broccoli Crowns Orange Wedges Snack: Cheddar Goldfish & Hard-Boiled Egg	12 BEEF DIPPERS Wheat Roll Edamame Apple Slices Snack: Yogurt & Blueberries	13 NO SCHOOL
Cheerios Cereal Applesauce Cup Milk	Pancakes Apricots Milk	Muffin Mandarin Oranges Milk	Cottage Cheese Peaches Milk	
16 BREADED CHICKEN DRUMSTICK Garbanzo Beans Orange Wedges Snack: Apple Slices & Bean & Veggie Crackers	17 BEEF TACO SNACK Green Beans Mixed Fruit Snack: Pretzel Goldfish & Turkey Stick	18 SUB SANDWICH Red Pepper Strips Banana Snack: Dried Strawberry Apple Crisps & String Cheese	19 CHEESE CALZONE (V) Peas Apple Slices Snack: Banana & Yogurt	20 CHICKEN BURGER Broccoli Crowns Pineapple Chunks Snack: Cook's Choice
Rice Chex Cereal Applesauce Cup Milk	Cinnamon Bun Apple Slices Milk	Breakfast Bread Tropical Fruit Milk	French Toast Orange Wedges Milk	
23 CHICKEN NUGGETS Red Pepper Strips Mandarin Oranges Snack: Cornbread Muffin & Co-Jack Cheese Stick	24 MEATLOAF Wheat Roll Edamame Mixed Fruit Snack: Cheez-It Crackers & Hard-Boiled Egg	25 CHEESE PIZZA BAGEL (V) Spinach Salad with Shredded Carrots Peaches Snack: String Cheese & Banana	26 MINI TERIYAKI CHICKEN BURGERS Broccoli Crowns Apple Slices Snack: Yogurt & Strawberries	27 NO SCHOOL
Cheerios Cereal Applesauce Cup Milk				
30 CHICKEN TENDERS Garbanzo Beans Orange Wedges Snack: String Cheese and Apple Slices	(V) = VEGETARIAN ITEM <i>*All grain items are whole-grain rich</i>			

**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.**

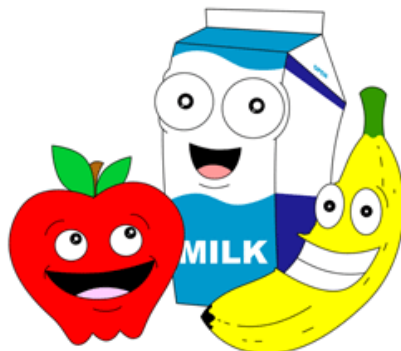
**Contact the Nutrition Services
Office for more information-
425-204-3545**



**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.)*

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