

Elementary

SCHOOL BREAKFAST & LUNCH MENU

October 2021

First serving at no cost!

HARVEST OF THE MONTH

Carrots

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

* 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.

• For allergen & nutrition information, please visit:

<https://www.rentonschools.us/departments/nutrition-services-warehouse/menus>

1

B: Cereal & Grahams

L: Chicken & Waffles

4

B: Cereal & Grahams

L: Mini Twin
Cheeseburgers

5

B: Benefit Bar

L: Grilled Cheese
Sandwich

6

B: Apple Frudel

L: Mini Corn Dogs

7

B: Cinnamon Bun

L: Cheese Quesadilla

8

NO SCHOOL

TEACHER TRAINING DAY

11

B: Cereal & Grahams

L: Mini Cheese Calzones

12

B: Breakfast Pizza

L: Chicken Tenders

13

B: Mini Bagels

L: Cheese or Pepperoni
Personal Pizza

14

B: Pancake on a Stick

L: Beef Teriyaki Dippers
with Fried Rice

15

B: Cereal & Grahams

L: Chicken Burger

18

B: Cereal & Grahams

L: Macaroni & Cheese

19

B: UBR Round

L: French Toast &
Turkey Sausage

20

B: Nutrition Bar

L: Boneless Chicken
Wings

21

B: Waffles

L: Hot Dog &
Potato Salad

22

B: Cereal & Grahams

L: Pizza Breadsticks with
Marinara

25

B: Cereal & Grahams

L: Garlic Pizza Ripper

26

B: Apple Cinnamon Bread

L: Rotini with Meat Sauce

27

B: Mini Cinni's

L: Chicken & Waffles

28

B: Breakfast Burrito

L: Cheese or Pepperoni
Personal Pizza

29

B: Cereal & Grahams

L: Cook's Choice

SECOND CHOICES AVAILABLE DAILY

MONDAY

Wheat Crackers,
Cheddar Cheese Cubes
& Hard-Boiled Egg

TUESDAY

Yogurt, Granola & String
Cheese

WEDNESDAY

Blueberry Muffin, String
Cheese & Sunflower
Seeds

THURSDAY

Bagel & Cream Cheese,
String Cheese &
Sunflower Seeds

FRIDAY

Cook's Choice Pal Pack

* Reminder: Free & reduced meal applications are available at (OR follow QR code):

<https://www.rentonschools.us/departments/nutrition-services-warehouse/meal-applications>



* Renton School District offers breakfast daily!

* All breakfasts come with fruit, 100% fruit juice, and milk choice daily

* All lunches come with the Fruit and Vegetable Garden Bar and milk choice daily

* Milk options: 1% white, fat-free white, fat-free chocolate, and soy

