June 2019 Renton Academy and H.O.M.E. Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Regular or Spicy	Cook's Choice	Chicken Nuggets with	Beef Nachos with	Cheese or Pepperoni
Chicken Patty with Bun	Broccoli Florets	Garlic Toast	Cheese Cup	Pizza
Garden Salad	Red Bell Pepper Strips	Garden Salad	Garden Salad	Garden Salad
Broccoli Florets	Edamame	Broccoli Florets	Broccoli Florets	Broccoli Florets
Baby Carrots	Corn	Baby Carrots	Red Bell Pepper Strips	Baby Carrots
Applesauce	Applesauce	Pinto Beans	Baby Carrots	Corn
Raisins	Raisins	Applesauce	Applesauce	Applesauce
Fresh Apple	Fresh Oranges	Raisins	Raisins	Raisins
Fresh Kiwi	Fresh Kiwi	Fresh Apple	Fresh Apple	Fresh Apple
Milk	Milk	Fresh Oranges	Fresh Kiwi	Fresh Oranges
		Milk	Milk	Milk
10	11	12	13	14
Chicken Corn Dog	Beef Teriyaki with Rice	Cheese or Pepperoni	Macaroni & Cheese	Hamburger
Garden Salad	Garden Salad	Pizza	Garden Salad	Garden Salad
Broccoli Florets	Broccoli Florets	Garden Salad	Broccoli Florets	Broccoli Florets
Baby Carrots	Red Bell Pepper Strips	Broccoli Florets	Red Bell Pepper Strips	Baby Carrots
Applesauce	Edamame	Baby Carrots	Baby Carrots	Corn
Raisins	Corn	Pinto Beans	Applesauce	Applesauce
Fresh Apple	Applesauce	Applesauce	Raisins	Raisins
Fresh Kiwi	Raisins	Raisins	Fresh Apple	Fresh Apple
Milk	Fresh Oranges	Fresh Apple	Fresh Kiwi	Fresh Oranges
	Fresh Kiwi	Fresh Oranges	Milk	Milk
	Milk	Milk		
17	18	19	20	21
Chicken Tenders with	Cook's Choice	Beef Rib BBQ	Beef Nachos with	Last Day of School
Garlic Toast	Broccoli Florets	Sandwich	Cheese Cup	Half-Day
Garden Salad	Red Bell Pepper Strips	Garden Salad	Garden Salad	No Lunches Served
Broccoli Florets	Edamame	Broccoli Florets	Broccoli Florets	
Baby Carrots	Corn	Baby Carrots	Red Bell Pepper Strips	
Applesauce	Applesauce	Pinto Beans	Baby Carrots	
Raisins	Raisins	Applesauce	Applesauce	
Fresh Apple	Fresh Oranges	Raisins	Raisins	
Fresh Kiwi	Fresh Kiwi	Fresh Apple	Fresh Apple	
Milk	Milk	Fresh Oranges	Fresh Kiwi	
		Milk	Milk	

Free Summer Meals for Kids!

Calling all kids 1-18 years of age!

Come join us for free meals and activities this summer beginning June 24th! Please visit the <u>Nutrition Services</u> website for locations and meal times throughout the area.

Available Daily: An assortment of fresh fruits and vegetables.

Milk Options: Low fat 1% white and fat free chocolate. Soy milk available upon request.

Remember to take a ½ cup of fruit at breakfast and a ½ cup of fruit or vegetable at lunch for a complete meal!

Renton School District offers breakfast daily!

^{*}All grain items are whole-grain rich.