

RENTON SCHOOLS

Grab & Go Meals

SCHOOL BREAKFAST & LUNCH MENU

December 2020

Free grab & go meals for ALL children ages 1-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE	1 B: Cereal Meal Kit L: Hummus Meal Kit	2 PICK UP DAY B: French Toast & Turkey Sausage L: Protein Pal Pack	3 B: Apple Frudel L: Cheese Quesadilla	4 B: Cereal & String Cheese L: Breaded Chicken Drumstick
	7 PICK UP DAY B: Cereal & Grahams L: Bagel Pal Pack	9 PICK UP DAY B: Waffles & Turkey Sausage L: Cheese Nachos	10 B: Cinnamon Bun L: Chicken Bites	11 B: Cereal & String Cheese L: Hamburger
	14 PICK UP DAY B: Cereal & Grahams L: Muffin Pal Pack	16 PICK UP DAY B: Pancakes & Turkey Sausage L: Cook's Choice	17 B: Cherry Apple Bar L: Cheese Pizza Bagel	18 B: Cereal & String Cheese L: Chicken Tenders
	21	22	23	24
Winter Break				
28	29	30	31	
Winter Break				

* For meal service locations and times, please visit:

<https://www.rentonschools.us/learning-and-teaching/2020-2021-school-year>

* Reminder—Free & Reduced meal applications are available at:

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

* For allergen & nutrition information, please visit:

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

* All breakfasts come with fruit and a choice of milk daily

* All lunches come with the fruit, veggies, and choice of milk daily

* Milk options: 1% white or fat-free chocolate

* All grain options are whole-grain rich

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