

June 2019 Meadow Crest Breakfast, Lunch, and Snack Menu

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>3</p> <p>Breakfast: Rice Chex Cereal Applesauce Cup Milk</p> <p>Lunch: Chicken Nuggets Edamame Mixed Fruit</p> <p>Snack: String Cheese & Mandarin Oranges</p> | <p>4</p> <p>Breakfast: Mini Bagels Apple Slices Milk</p> <p>Lunch: Turkey Bologna/Salami & Cheese Hoagie Red Pepper Strips Peaches</p> <p>Snack: Dried Strawberry Apple Crisps & Milk</p> | <p>5</p> <p>Breakfast: Breakfast Bread Mixed Fruit Cup Milk</p> <p>Lunch: Cheese Pizza Bagel Garden Salad with Shredded Carrots Tropical Fruit</p> <p>Snack: Cheddar Goldfish & Hard-Boiled Egg</p> | <p>6</p> <p>Breakfast: Waffles Orange Wedges Milk</p> <p>Lunch: Beef Dippers Wheat Roll Peas Pineapple Chunks</p> <p>Snack: Banana & Yogurt</p> | <p>7</p> <p>No Breakfast Served</p> <p>Lunch: Cook's Choice Broccoli Crowns Orange Wedges</p> <p>Snack: Cook's Choice</p> |
| <p>10</p> <p>Breakfast: Cheerios Cereal Applesauce Cup Milk</p> <p>Lunch: Breaded Chicken Drumstick Garbanzo Beans Apricots</p> <p>Snack: Banana Bread & Milk</p> | <p>11</p> <p>Breakfast: Breakfast Sandwich Berry Cup Milk</p> <p>Lunch: Beef Taco Snack Green Beans Orange Wedges</p> <p>Snack: Turkey Stick & Sliced Apples</p> | <p>12</p> <p>Breakfast: Muffin Pears Milk</p> <p>Lunch: Cheese Calzone Broccoli Crowns Sliced Apples</p> <p>Snack: Wheat Crackers & Co-Jack Cheese Stick</p> | <p>13</p> <p>Breakfast: Cottage Cheese Peaches Milk</p> <p>Lunch: Breakfast Wrap Sweet Potato Tots Banana</p> <p>Snack: Yogurt & Blueberries</p> | <p>14</p> <p>No Breakfast Served</p> <p>Lunch: Cook's Choice Vegetable Assortment Fruit Assortment</p> <p>Snack: Cook's Choice</p> |
| <p>17</p> <p>Breakfast: Rice Chex Cereal Applesauce Cup Milk</p> <p>Lunch: Cheese Quesadilla Red Pepper Strips Tropical Fruit</p> <p>Snack: Pretzel Goldfish & Milk</p> | <p>18</p> <p>Breakfast: Breakfast Sliders Sliced Apples Milk</p> <p>Lunch: Turkey Ham & Cheese on a Hawaiian Bun String Cheese Cucumber Slices Peaches</p> <p>Snack: Bean & Veggie Crackers & Pear Cup</p> | <p>19</p> <p>Breakfast: Breakfast Assortment Fruit Assortment Milk</p> <p>Lunch: Cheese Breadsticks Edamame Orange Wedges</p> <p>Snack: Cook's Choice</p> | <p>20</p> <p>Breakfast: Breakfast Assortment Fruit Assortment Milk</p> <p>Lunch: Cook's Choice Vegetable Assortment Fruit Assortment</p> <p>Snack: Cook's Choice</p> | <p>21</p> <p>No School Summer Break</p> |

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 [Nutrition Services](#) website for locations and meal times throughout the area.

Low fat 1% white milk available with each meal. Soy milk available upon request.

Renton School District offers breakfast daily.

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.

*All grain items are whole-grain rich.