

June 2019 High School Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Entrees Beef Nachos with Cheese Cup Chicken Corn Dog <i>with</i> French Fries Buffalo Chicken Salad with Roll Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Three-Meat Pizza Cheeseburger Turkey Sandwich Chicken Salad Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Yogurt & Granola Pal Pack Burrito</p> <p>Vegetables Romaine & Broccoli Slaw Cucumber Slices Corn Baby Carrots</p> <p>Fruit Strawberry Cup Applesauce: Cinnamon, Strawberry, or Peach-Mango</p> <p>Milk</p>	<p>Entrees Chicken Teriyaki with Rice Spicy Chicken Bites with Garlic Toast <i>or</i> Spicy Chicken Bites with Cheesy Cornbread Muffin <i>and</i> French Fries Taco Salad with Tortilla Chips Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Buffalo Chicken Pizza Three-Meat Pizza Turkey Sandwich Tuna Salad Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Bagel Pal Pack Chicken, Cheese & Bean Burrito</p> <p>Vegetables Romaine & Broccoli Slaw</p> <p>Fruit Shelled Edamame Celery Sticks Red Bell Pepper Strips</p> <p>Fruit Fresh Oranges Pears</p> <p>Milk</p>	<p>Entrees Spaghetti with Meat Sauce & Garlic Toast Chicken Nuggets with Roll <i>and</i> French Fries Caesar Salad with Chicken & Roll Grilled Chicken Sandwich Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Hawaiian Pizza Three-Meat Pizza Cheeseburger Turkey Sandwich Club Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Protein Pal Pack</p> <p>Vegetables Romaine & Broccoli Slaw Garbanzo Beans Broccoli Florets Baby Carrots</p> <p>Fruit Fresh Apple Mixed Fruit</p> <p>Milk</p>	<p>Entrees General Tso's Chicken with Rice Chicken Tenders with Garlic Toast <i>with</i> French Fries Asian Chicken Salad with Pita Bread Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Supreme Pizza Three-Meat Pizza Hamburger Turkey Sandwich Ham Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Blueberry Muffin Pal Pack Cheese Quesadilla</p> <p>Vegetables Romaine & Broccoli Slaw Green Peas Cucumber Slices Cherry Tomatoes</p> <p>Fruit Banana Peach Cup</p> <p>Milk</p>	<p>Entrees Zesty Mac with Beef Fish Sandwich <i>or</i> Fish & Chips with Garlic Toast Garden Salad with Breakfast Bar <i>or</i> Chef Salad with Breakfast Bar Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Vegetarian Pizza Three-Meat Pizza Cheeseburger Mini Twin Veggie Burgers Turkey Sandwich Italian Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Hummus Pal Pack Beef Taco Snack</p> <p>Vegetables Romaine & Broccoli Slaw Broccoli Florets Cauliflower Florets Baby Carrots</p> <p>Fruit Raisins Fresh Kiwi Marionberries</p> <p>Milk</p>
10	11	12	13	14
<p>Entrees Cook's Choice Mini Corn Dogs <i>with</i> French Fries Buffalo Chicken Salad with Roll Homestyle Chicken Patty with Bun</p>	<p>Entrees Beef Teriyaki with Rice Spicy Chicken Bites with Garlic Toast <i>or</i> Spicy Chicken Bites with Cheesy Cornbread Muffin <i>and</i></p>	<p>Entrees Popcorn Chicken Mashed Potato Bowl with Roll Chicken Bites with Roll <i>and</i> French Fries Caesar Salad with Chicken & Roll</p>	<p>Entrees Lemongrass Chicken Rice Bowl Chicken Tenders with Garlic Toast <i>and</i> French Fries Asian Chicken Salad with Pita Bread</p>	<p>Entrees Chicken Fettuccine Captain's Platter Cheese Ravioli Caesar Salad with Chicken Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken</p>

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Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Three-Meat Pizza Cheeseburger Turkey Sandwich Chicken Salad Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Yogurt & Granola Pal Pack Burrito Vegetables Romaine & Broccoli Slaw Cucumber Slices Corn Baby Carrots Fruit Strawberry Cup Applesauce: Cinnamon, Strawberry, or Peach-Mango Milk	French Fries Taco Salad with Tortilla Chips Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Buffalo Chicken Pizza Three-Meat Pizza Hamburger Turkey Sandwich Tuna Salad Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Bagel Pal Pack Chicken, Cheese & Bean Burrito Vegetables Romaine & Broccoli Slaw Shelled Edamame Celery Sticks Red Bell Pepper Strips Fruit Fresh Oranges Pears Milk	Grilled Chicken Sandwich Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Hawaiian Pizza Three-Meat Pizza Cheeseburger Turkey Sandwich Club Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Protein Pal Pack Vegetables Romaine & Broccoli Slaw Garbanzo Beans Broccoli Florets Baby Carrots Fruit Fresh Apple Mixed Fruit Milk	Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Supreme Pizza Three-Meat Pizza Hamburger Turkey Sandwich Ham Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Blueberry Muffin Pal Pack Cheese Quesadilla Vegetables Romaine & Broccoli Slaw Green Peas Cucumber Slices Cherry Tomatoes Fruit Banana Peach Cup Milk	Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Vegetarian Pizza Three-Meat Pizza Cheeseburger Mini Twin Veggie Burgers Turkey Sandwich Italian Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Hummus Pal Pack Beef Taco Snack Vegetables Romaine & Broccoli Slaw Broccoli Florets Cauliflower Florets Baby Carrots Fruit Fresh Kiwi Raisins Raspberries Milk

17	18	19	20	21
Entrees Beef Nachos with Cheese Cup Chicken Corn Dog <i>with</i> French Fries Buffalo Chicken Salad with Roll Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Three-Meat Pizza Cheeseburger Turkey Sandwich Chicken Salad Sandwich Smucker's PB & J Sandwich	Entrees Chicken Teriyaki with Rice Spicy Chicken Bites with Garlic Toast <i>or</i> Spicy Chicken Bites with Cheesy Cornbread Muffin <i>and</i> French Fries Taco Salad with Tortilla Chips Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Buffalo Chicken Pizza Three-Meat Pizza Hamburger	Entrees Cook's Choice Chicken Wings with Roll <i>and</i> French Fries Caesar Salad with Chicken & Roll Grilled Chicken Sandwich Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Hawaiian Pizza Three-Meat Pizza Cheeseburger Turkey Sandwich Club Sandwich	Entrees Cook's Choice Chicken Tenders with Garlic Toast <i>with</i> French Fries Asian Chicken Salad with Pita Bread Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Supreme Pizza Three-Meat Pizza Hamburger Turkey Sandwich Ham Sandwich Smucker's PB & J Sandwich	Last Day of School Half-Day No Lunches Served

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PB&J Pal Pack Yogurt & Granola Pal Pack Burrito Vegetables Romaine & Broccoli Slaw Cucumber Slices Corn Baby Carrots Fruit Strawberry Cup Applesauce: Cinnamon, Strawberry, or Peach-Mango Milk	Turkey Sandwich Tuna Salad Sandwich Smucker's PB & J Sandwich PB&J Pal Pack Bagel Pal Pack Chicken, Cheese & Bean Burrito Vegetables Romaine & Broccoli Slaw Shelled Edamame Celery Sticks Red Bell Pepper Strips Fruit Fresh Oranges Pears Milk	Smucker's PB & J Sandwich PB&J Pal Pack Protein Pal Pack Vegetables Romaine & Broccoli Slaw Garbanzo Beans Broccoli Florets Baby Carrots Fruit Fresh Apple Mixed Fruit Milk	PB&J Pal Pack Blueberry Muffin Pal Pack Cheese Quesadilla Vegetables Romaine & Broccoli Slaw Green Peas Cucumber Slices Cherry Tomatoes Fruit Banana Peach Cup 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 [Nutrition Services](#) website for locations and meal times throughout the area.

Remember to take at least 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!

Available Daily: Chicken sandwiches, pizza, burritos, hamburgers, and deli sandwiches. Market Fresh salad. An assortment of fresh fruits and vegetables.

Milk options: Fat free white, low fat 1% white, fat free chocolate. Soy milk available upon request.

*All grain items are whole-grain rich.