

June 2019 Middle 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 Hamburger Cheeseburger French Bread Cheese Pizza French Bread Pepperoni Pizza Spicy Chicken Bites with Cheesy Cornbread Muffin <i>or</i> Spicy Chicken Bites with Garlic Toast Smucker's PB & J Sandwich PB&J Pal Pack Blueberry Muffin Pal Pack Vegetables Romaine & Broccoli Slaw Cucumber Slices Corn Fruit Applesauce: Cinnamon, Strawberry, or Peach-Mango Strawberry Cup Milk</p>	<p>Entrees Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Burrito <i>or</i> Beef Taco Snack Beef Teriyaki Dippers with Vegetable Egg Roll Turkey Sandwich Ham Sandwich Hummus Pal Pack Bagel Pal Pack Vegetables Romaine & Broccoli Slaw Shelled Edamame Celery Sticks Baby Carrots Fruit Pears Fresh Orange Milk</p>	<p>Entrees Chicken Nuggets with Garlic Toast Fish & Chips Fish Sandwich Mini Twin Beef Cheeseburgers Taco Salad with Tortilla Chips Yogurt & Granola Pal Pack Vegetables Romaine & Broccoli Slaw Garbanzo Beans Red Bell Pepper Strips Fruit Fresh Apple Mixed Fruit Milk</p>	<p>Entrees Zesty Mac with Beef Four Cheese Pizza Pepperoni (Turkey) Pizza Vegetarian Pizza Cook's Choice Smucker's PB & J Sandwich PB&J Pal Pack Protein Pal Pack Vegetables Romaine & Broccoli Slaw Green Peas Cherry Tomatoes Fruit Banana Peach Cup Milk</p>	<p>Entrees Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Cheese Quesadilla Chicken Corn Dog <i>with</i> Oven Roasted Potato Medley Turkey Sandwich Tuna Salad Sandwich Bagel Pal Pack Vegetables Romaine & Broccoli Slaw Broccoli Florets Cauliflower Florets Fruit Raisins Fresh Kiwi Marionberries Milk</p>
10	11	12	13	14
<p>Entrees Grilled Cheese Sandwich <i>with (optional)</i> Tomato Soup Chicken Tenders with Dinner Roll Hot Dog (Beef) Chili Dog <i>or</i> Double Dogs (Chicken) Smucker's PB & J Sandwich PB&J Pal Pack Blueberry Muffin Pal Pack Vegetables Romaine & Broccoli Slaw Cucumber Slices</p>	<p>Entrees Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Four Cheese Pizza Pepperoni (Turkey) Pizza Buffalo Chicken Pizza Mini Twin Beef Cheeseburgers Turkey Sandwich Ham Sandwich Hummus Pal Pack Bagel Pal Pack Vegetables Romaine & Broccoli Slaw Shelled Edamame Celery Sticks</p>	<p>Entrees Chicken Bites with Garlic Toast <i>or</i> Chicken Bites with Cornbread Muffin Cheese Pizza Ripper Pepperoni Pizza Ripper Beef Nachos with Cheese Cup Garden Salad with Goldfish Crackers Yogurt & Granola Pal Pack Vegetables Romaine & Broccoli Slaw Garbanzo Beans Red Bell Pepper Strips Fruit</p>	<p>Entrees Chicken & Waffles Mini Corn Dogs <i>with</i> Oven Roasted Potato Medley French Bread Cheese Pizza French Bread Pepperoni Pizza Smucker's PB & J Sandwich PB&J Pal Pack Protein Pal Pack Vegetables Romaine & Broccoli Slaw Green Peas Cherry Tomatoes Fruit Banana</p>	<p>Entrees Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Captain's Platter <i>or</i> Fish Sandwich Chicken Soft Tacos Mini Twin Beef Cheeseburgers Mini Twin Teriyaki Chicken Burgers Mini Twin Veggie Burgers Turkey Sandwich Tuna Salad Sandwich Bagel Pal Pack Vegetables Romaine & Broccoli Slaw</p>

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Corn Fruit Applesauce: Cinnamon, Strawberry, or Peach-Mango Strawberry Cup Milk	Baby Carrots Fruit Pears Fresh Orange Milk	Fresh Apple Mixed Fruit Milk	Peach Cup Milk	Broccoli Florets Cauliflower Florets Fruit Raisins Fresh Kiwi Raspberries Milk
17	18	19	20	21
Entrees Hamburger Cheeseburger Four Cheese Pizza Pepperoni (Turkey) Pizza Hawaiian Pizza Chicken Wings with Roll Smucker's PB & J Sandwich PB&J Pal Pack Blueberry Muffin Pal Pack Vegetables Romaine & Broccoli Slaw Cucumber Slices Corn Fruit Applesauce: Cinnamon, Strawberry, or Peach-Mango Strawberry Cup Milk	Entrees Homestyle Chicken Patty with Bun Hot 'N Spicy Chicken Patty with Bun Cook's Choice Pepperoni Pizza Ripper Turkey Sandwich Ham Sandwich Hummus Pal Pack Bagel Pal Pack Vegetables Romaine & Broccoli Slaw Shelled Edamame Celery Sticks Baby Carrots Fruit Pears Fresh Orange Milk	Entrees Chicken Nuggets with Garlic Toast Fish & Chips <i>or</i> Fish Sandwich Cook's Choice Asian Chicken Salad with Goldfish Crackers Yogurt & Granola Pal Pack Vegetables Romaine & Broccoli Slaw Garbanzo Beans Red Bell Pepper Strips Fruit Fresh Apple Mixed Fruit Milk	Entrees Cook's Choice French Bread Cheese Pizza French Bread Pepperoni Pizza Hamburger Cheeseburger Smucker's PB & J Sandwich PB&J Pal Pack Protein Pal Pack Vegetables Romaine & Broccoli Slaw Green Peas Cherry Tomatoes Fruit Banana Peach Cup Milk	Last Day of School Half-Day No Lunches Served
<u>Free Summer Meals for Kids!</u> Calling all kids 1-18 years of age! Come join us for free meals and activities this summer beginning June 24 th ! Please visit the Nutrition Services website for locations and meal times throughout the area.				

Available Daily: An assortment of fresh fruits and vegetables.

Milk options: Fat free white, 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.