

# RENTON SCHOOL DISTRICT

## Grab & Go Meals

### SCHOOL BREAKFAST & LUNCH MENU

January 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4 PICK UP DAY</b> B: Cereal Meal Kit L: Nacho Meal Kit	<b>5</b> B: Cereal Meal Kit L: Hummus Meal Kit	<b>6 PICK UP DAY</b> B: Mini Waffles & Turkey Sausage L: Bagel Pal Pack	<b>7</b> B: Cinnamon Bun L: Mini Corn Dogs	<b>8</b> B: Cereal & String Cheese L: Macaroni & Cheese
<b>11 PICK UP DAY</b> B: Cereal & Grahams L: Yogurt Pal Pack	<b>12</b> B: Pancake on a Stick L: Hamburger	<b>13 PICK UP DAY</b> B: Mini French Toast & Turkey Sausage L: Peanut Butter & Jelly Sandwich w/ String Cheese	<b>14</b> B: Apple Frudel L: Rotini with Meat Sauce	<b>15</b> B: Cereal & String Cheese L: Cheese Pizza Bagel
<b>18 HOLIDAY</b> B: Cereal & Grahams L: Cook's Choice	<b>19</b> B: Cereal Bar L: Grilled Cheese Sandwich	<b>20 PICK UP DAY</b> B: Mini Pancakes & Turkey Sausage L: Blueberry Muffin Pal Pack	<b>21</b> B: Benefit Bar L: Chicken Tenders	<b>22</b> B: Cereal & String Cheese L: Cheese Quesadilla
<b>25 PICK UP DAY</b> B: Cereal & Grahams L: Breakfast Round Pal Pack	<b>26</b> B: Mini Bagel L: Breaded Chicken Drumstick	<b>27 PICK UP DAY</b> B: English Muffin & Turkey Sausage L: Protein Pal Pack	<b>28</b> B: Cherry Apple Bar L: Mandarin Orange Chicken & Rice Bowl	<b>29</b> B: Cereal & String Cheese L: Chicken Nuggets

\* 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, vege, 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 SUBJECT TO CHANGE**

