

RENTON SCHOOLS

Grab & Go Meals

SCHOOL BREAKFAST & LUNCH MENU

February 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PICK UP DAY B: Cereal & Grahams L: Yogurt Parfait Pal Pack	2 B: Buttermilk Bar L: Hamburger	3 PICK UP DAY B: Mini Waffles & Turkey Sausage L: Bagel Pal Pack	4 B: Apple Frudel L: General Tso Chicken Rice Bowl	5 B: Cereal & String Cheese L: Mini Chicken Corn Dogs
8 PICK UP DAY B: Cereal & Grahams L: Muffin Pal Pack	9 B: Mini French Toast L: Cheese Pizza Bagel	10 PICK UP DAY B: Cereal L: Turkey Combo & Cheese Sandwich	11 B: Cereal L: Cheese Quesadilla	12 B: Cereal L: Rotini with Beef Meat Sauce
15 B: Cereal L: Beef, Bean & Cheese Burrito	16 B: Cereal L: Macaroni & Cheese Bowl	17 B: Cereal L: Mini Twin Cheeseburgers	18 B: Cereal L: Grilled Cheese Sandwich	19 B: Cereal L: Chicken Teriyaki Rice Bowl
MID-WINTER BREAK - meal pick up on 2/10				
22 PICK UP DAY B: Cereal & Grahams L: Cheese Pizza Anytimers	23 B: Zee Zee Bar L: Cook's Choice	24 PICK UP DAY B: English Muffin & Turkey Sausage L: Breakfast Round Pal Pack	25 B: Cherry Apple Bar L: Mandarin Orange Chicken Rice Bowl	26 B: Cereal & String Cheese L: Chicken Bites

* 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

MENU SUBJECT TO CHANGE

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