

# Elementary

## SCHOOL BREAKFAST & LUNCH MENU

November 2022

### HARVEST OF THE MONTH

Squash

First serving at no cost!

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



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

1

B: Pancake on a Stick  
L: Chicken Burger

2

B: French Toast  
L: Mini Calzones

3

B: Cinnamon Bun  
L: Mac & Cheese

4

NO SCHOOL

7

B: Cereal & Grahams  
L: Popcorn Chicken

8

B: Breakfast Pizza  
L: Pretzel & Cheese Cup with Sunflower Seeds

9

B: Mini Bagels  
L: Nacho Bites

10

B: Benefit Bar  
L: Cheese Pizza

11

NO SCHOOL

14

B: Cereal & Grahams  
L: Chicken Nuggets

15

B: UBR Round  
L: Hamburger & French Fries

16

B: Benefit Bar  
L: Turkey Gravy w/ Roll & Mashed Potatoes

17

B: Waffles  
L: Bean & Cheese Burrito

18

B: Cereal & Grahams  
L: Cook's Choice

21

B: Cereal & Grahams  
L: Corn Dog

22

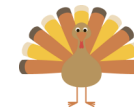
B: Apple Cinnamon Bread  
L: Cheese Stuffwich Sandwich

23

B: Minni Cinni's  
L: French Bread Pizza

24

NO SCHOOL



25

NO SCHOOL

28

B: Cereal & Grahams  
L: Chicken Tenders

29

B: Cherry Apple Bar  
L: Chicken Drumstick & Waffle

30

B: Apple Frudel  
L: Cheese Breadsticks

For allergen & nutrition information, please visit:

<https://www.rentonschools.us/departments/nutrition-services-warehouse/menus>

**REMINDER:** Please complete the **Family Income Survey!** It is available at <https://www.rentonschools.us/departments/nutrition-services-warehouse/meal-applications>. Parents and guardians of students in CEP schools do not have to fill out the usual free and reduced lunch application, but are asked to complete an income survey in order to ensure their child's school qualifies for federal and state funding that is determined by parent income levels.



#### SECOND CHOICES AVAILABLE DAILY

##### MONDAY

Hummus, String Cheese, Pita Bread

##### TUESDAY

Yogurt, Granola & String Cheese

##### WEDNESDAY

Blueberry Muffin, String Cheese & Sunflower Seeds

##### THURSDAY

Bagel & Cream Cheese, String Cheese & Sunflower Seeds

##### FRIDAY

Cook's Choice Pal Pak

- \* Renton School District offers breakfast daily!
- \* Remember to take at least a 1/2 cup of fruit at breakfast and at least a 1/2 cup of fruit or vegetable at lunch.
- \* All breakfasts come with fruit and milk options daily.
- \* All lunches come with the Fruit & Vegetable Garden Bar and milk options daily.
- \* Milk options: 1% white, fat-free white, fat-free chocolate, and soy (upon request)

