

Elementary

SCHOOL BREAKFAST & LUNCH MENU

January 2023

First serving at no cost!

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

HARVEST OF THE MONTH

Apples

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 B: Cereal & Grahams L: Mini Twin Cheeseburgers	4 B: French Toast L: Cheese Tamale	5 B: Cinnamon Bun L: Beef Ravioli with WW Roll	6 B: Cereal & Grahams L: Cheese Pizza Bagel
9 B: Cereal & Grahams L: Mini Corn Dogs	10 B: Breakfast Pizza L: Nachos	11 B: Mini Bagels L: Cheese Breadsticks	12 B: Benefit Bar L: Chicken Burger	13 B: Cereal & Grahams L: Fish Sticks
16 NO SCHOOL	17 B: Cereal & Grahams L: Chicken Tenders	18 B: Pancake on a Stick L: Quesadilla	19 B: Waffles L: Hot Dog	20 B: Cereal & Grahams L: Chicken & Waffle
23 B: Cereal & Grahams L: Beef Taco Snack	24 B: Apple Cinnamon Bread L: French Toast & Turkey Sausage	25 B: Mini Cinni L: Mini Calzones	26 B: Benefit Bar L: Hamburger & Fries	27 B: Cereal & Grahams L: Cook's Choice
30 B: Cereal & Grahams L: Chicken Nuggets	31 B: Apple Frudel L: Mac & Cheese	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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hard Boiled Egg, Crackers, & Cheese Cubes	Yogurt, Granola & String Cheese	Blueberry Muffin, String Cheese & Sunflower Seeds	Bagel & Cream Cheese, String Cheese & Sunflower Seeds	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)