

Elementary

SCHOOL BREAKFAST & LUNCH MENU

November 2023

First serving at no cost!

HARVEST OF THE MONTH

Squash

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For allergen & nutrition information, please visit: https://www.myschoolmenus.com/organizations/483		1 B: Benefit Bar L: Fish Sticks	2 B: Breakfast Pocket L: Hot Dog	3 NO SCHOOL
6 B: Cereal & Grahams L: Popcorn Chicken w/ WW Roll	7 B: Mini Waffle L: Beef Taco Snack	8 B: Mini Cinni L: Chicken Drumstick & Waffle	9 B: Breakfast Burrito L: Cheese Breadsticks w/ Marinara Sauce	10 NO SCHOOL
13 B: Cereal & Grahams L: Pretzel, Cheese Cup, & Sunflower Seeds	14 B: Pancake on a Stick L: Hamburger	15 B: UBR L: Turkey Gravy w/ Mashed Potato & Roll	16 B: Hot Turkey & Cheese Sandwich L: Empanada	17 B: Cereal & Grahams L: French Bread Pizza
20 B: Cereal & Grahams L: Chicken Nuggets	21 B: Pumpkin Bread L: Bean & Cheese Burrito	22 B: Mini Bagel L: Corn Dog	23 NO SCHOOL	24 NO SCHOOL
27 B: Cereal & Grahams L: Cook's Choice	28 B: Yogurt & Cereal Bar L: Tamale	29 B: Apple Frudel L: Grilled Cheese Sandwich	30 B: Breakfast Pizza L: Pasta with Meat Sauce	

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
Wheat Crackers, Cheese Cubes, & Hard Boiled Egg	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)