

Elementary

SCHOOL BREAKFAST & LUNCH MENU

April 2026

HARVEST OF THE MONTH

Asparagus

Students receive their first breakfast and lunch each day at no cost.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 B: Cinnamon Bun L: Fish Nuggets w/ WW Breadstick	02 B: Breakfast Pocket L: Chicken Burger	03 B: Cereal & Grahams L: French Bread Pizza (V)
06	07	08	09	10

SPRING BREAK

13 B: Cereal & Grahams L: Chicken Nuggets w/ WW Tea Roll	14 B: Breakfast Bread L: Hot Dog	15 B: Mini Cinni L: Grilled Cheese Sandwich (V)	16 B: Breakfast Burrito L: Chicken Teriyaki w/ Brown Rice	17 B: Cereal & Grahams L: Cheese Pizza (V)
20 B: Cereal & Grahams L: Soft Pretzel w/ Cheese Cup & Sunflower Seeds (V)	21 B: Mini Pancakes L: Orange Chicken w/ Brown Rice	22 B: Apple Frudel L: Corn Dog	23 B: Breakfast Pizza L: Hamburger	24 B: Cereal & Grahams L: Cheese Breadstick Bites (V)
27 B: Cereal & Grahams L: Chicken Tenders w/ WW Tea Roll	28 B: Mini Bagels L: Cheesy Pull Apart (V)	29 B: Yogurt & Cereal Bar L: French Toast & Turkey Sausage	30 B: Breakfast Scrambler L: Beef Rotini	

For allergen & nutrition information, please visit: <https://www.rentonschools.us/departments/nutrition-services-warehouse/menus>

Complete the CNEEB Application! <https://www.rentonschools.us/departments/nutrition-services-warehouse/meal-applications>. Students at our elementary schools receive one free breakfast and lunch each day. We ask for you to complete an application to ensure your school qualifies for funding that is determined by income levels. You may also be eligible for reduced fees for programs and activities.

SECOND CHOICES AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wheat Crackers, Cheese Cubes, & Hard Boiled Egg (V)	Yogurt, Granola & String Cheese (V)	Blueberry Muffin, String Cheese & Sunflower Seeds (V)	Bagel & Cream Cheese, String Cheese & Sunflower Seeds (V)	Sunbutter & Jelly Sandwich, Goldfish, & String Cheese (V)

- * 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.
- * (V) = Vegetarian
- * Milk options: 1% white, fat-free white, fat-free chocolate, and soy (additional milk purchased for \$0.50 each)

ASPARAGUS

- THE ASPARAGUS SERVED IN RSD CAFETERIAS IS FROM ROWLEY & HAWKINS FRUIT FARM IN MESA, WA.
- DURING PEAK SEASON, ASPARAGUS CAN GROW UP TO 7-10 INCHES PER DAY!
- GREEN AND WHITE ASPARAGUS COME FROM THE SAME PLANT. WHITE ASPARAGUS IS GROWN IN THE DARK, OFTEN COVERED IN SOIL, WHICH PREVENTS THE DEVELOPMENT OF CHLOROPHYLL.
- IT TAKES ABOUT 3 YEARS FOR AN ASPARAGUS PATCH TO BECOME FULLY-ESTABLISHED FOR HARVESTING, BUT IT CAN CONTINUE TO PRODUCE FOR 30 YEARS!
- ASPARAGUS HAS BEEN HARVESTED FOR OVER 2,500 YEARS AND WAS HIGHLY REGARDED BY THE ANCIENT GREEKS AND ROMANS.
- ASPARAGUS IS RELATED TO ONIONS, GARLIC, AND LEEKS.
- THERE IS A PURPLE VARIETY OF ASPARAGUS THAT IS SWEETER AND HIGHER IN ANTIOXIDANTS THAN GREEN ASPARAGUS.
- ASPARAGUS IS RICH IN FOLATE, VITAMIN K, AND ACTS AS A PREBIOTIC TO SUPPORT GUT HEALTH.

BENEFIT FORMS!

MEAL APPLICATIONS MAY HELP STUDENTS RECEIVE REDUCED FEES ON:

- HEALTHY/NURTITIOUS MEALS
- BEFORE/AFTER SCHOOL CARE
- GUIDANCE COUNSELORS
- HEALTH & WELLNESS SERVICES
- PSAT/SAT/ACT FEES... AND MORE!!



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

WE ARE HIRING!

Part-Time
Nutrition Staff



JOIN OUR TEAM