



RAINIER SCHOOL DISTRICT

"Home of the Cougars, Mountain Lions, and Mountaineers"

October

Rainier Elementary Elementary Breakfast

			Pancakes & Sausage Cereal Variety Assorted 100% Fruit Juice Fresh Banana Graham Crackers	1	Donut Cereal Variety Assorted 100% Fruit Juice Sliced Apples	2			
French Toast & Sausage Links Cereal Variety Assorted 100% Fruit Juice Applesauce Cup	5	Pancake on a Stick Cereal Variety Assorted 100% Fruit Juice Green Apple Graham Crackers	6	Warm Apple Frudel Cereal Variety Assorted 100% Fruit Juice Fresh Sliced Oranges	7	Breakfast Pizza Cereal Variety Assorted 100% Fruit Juice Fresh Banana Graham Crackers	8	Donut Cereal Variety Assorted 100% Fruit Juice Sliced Apples	9
Biscuits & Gravy Cereal Variety Assorted 100% Fruit Juice Applesauce Cup Graham Crackers	12	Warm Crumb Cake Cereal Variety Assorted 100% Fruit Juice Green Apple	13	Warm Mini Strawberry Bagels Cereal Variety Assorted 100% Fruit Juice Fresh Sliced Oranges Graham Crackers	14	Pancakes & Sausage Cereal Variety Assorted 100% Fruit Juice Fresh Banana Graham Crackers	15	Donut Cereal Variety Assorted 100% Fruit Juice Sliced Apples	16
French Toast & Sausage Links Cereal Variety Assorted 100% Fruit Juice Applesauce Cup	19	Pancake on a Stick Cereal Variety Assorted 100% Fruit Juice Green Apple Graham Crackers	20	Warm Apple Frudel Cereal Variety Assorted 100% Fruit Juice Fresh Sliced Oranges	21	Breakfast Pizza Cereal Variety Assorted 100% Fruit Juice Fresh Banana Graham Crackers	22	Donut Cereal Variety Assorted 100% Fruit Juice Sliced Apples	23
Biscuits & Gravy Cereal Variety Assorted 100% Fruit Juice Applesauce Cup Graham Crackers	26	Warm Crumb Cake Cereal Variety Assorted 100% Fruit Juice Green Apple	27	Warm Mini Strawberry Bagels Cereal Variety Assorted 100% Fruit Juice Fresh Sliced Oranges Graham Crackers	28	Pancakes & Sausage Cereal Variety Assorted 100% Fruit Juice Fresh Banana Graham Crackers	29	Donut Cereal Variety Assorted 100% Fruit Juice Sliced Apples	30

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mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
fax: [\(202\) 690-7442](#); or
email: program.intake@usda.gov.

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October

Rainier Elementary

Elementary Lunch

			Chicken Soft Taco Black Bean & Corn Salsa Fresh Veggie Bar Diced Pears Assorted Fresh Fruits	1	Spaghetti Spirals w/Meat Sauce Hot Buttered Corn Fresh Veggie Bar Diced Pears Assorted Fresh Fruits	2			
BBQ Chicken Leg Baked Beans Fresh Veggie Bar Diced Peaches Assorted Fresh Fruits Pasta Salad	5	Pepperoni Pizza Fresh Three Bean Salad Fresh Veggie Bar Diced Pears Assorted Fresh Fruits Goldfish Colors	6	Cheese Filled Breadsticks w/Marinara Hot Buttered Corn Fresh Veggie Bar Applesauce Assorted Fresh Fruits	7	Bean & Cheese Burrito Refried Beans Fresh Veggie Bar Diced Pears Assorted Fresh Fruits	8	Crispy Chicken Sandwich Smiley Fries Fresh Veggie Bar Diced Peaches Assorted Fresh Fruits	9
Chicken Alfredo Pasta Hot Buttered Corn Fresh Veggie Bar Diced Peaches Assorted Fresh Fruits	12	Pepperoni Pizza Fresh Broccoli Salad Fresh Veggie Bar Diced Pears Assorted Fresh Fruits Mixed Berry Animal Crackers	13	Corn Dog Baked Beans Fresh Veggie Bar Applesauce Assorted Fresh Fruits	14	Beef Soft Taco Black Bean & Corn Salsa Fresh Veggie Bar Diced Pears Assorted Fresh Fruits	15	Chicken Nuggets Tater Tots Fresh Veggie Bar Diced Peaches Assorted Fresh Fruits	16
Macaroni & Cheese Hot Buttered Green Beans Fresh Veggie Bar Diced Peaches Assorted Fresh Fruits	19	Pepperoni Pizza Fresh Pea Salad Fresh Veggie Bar Diced Pears Assorted Fresh Fruits WG Cheez-Its	20	Cheese Filled Breadsticks w/Marinara Hot Buttered Corn Fresh Veggie Bar Applesauce Assorted Fresh Fruits	21	Beef & Cheese Nachos Fresh Veggie Bar Diced Pears Assorted Fresh Fruits	22	Fish Sticks French Fries Fresh Veggie Bar Diced Pears Assorted Fresh Fruits	23
Mandarin Orange Chicken Fresh Veggie Bar Diced Peaches Assorted Fresh Fruits Steamed Brown Rice Fortune Cookie	26	Pepperoni Pizza Creamy Ranch Corn Salad Fresh Veggie Bar Diced Pears Assorted Fresh Fruits Chocolate Scooby Doo Crackers	27	Corn Dog Baked Beans Fresh Veggie Bar Applesauce Assorted Fresh Fruits	28	Chicken Nuggets Tater Tots Fresh Veggie Bar Diced Pears Assorted Fresh Fruits	29	Boo Burger Fresh Veggie Bar Diced Peaches Assorted Fresh Fruits	30

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