

### SEPTEMBER 2016 RENTON SCHOOL DISTRICT ELEMENTARY MENU

Launching Learning to Last a Lifetime
RSD is an equal opportunity provider. Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cereal Grahams Juice Milk	Snack n' Waffle Juice Milk	Cereal Grahams Juice Milk
Harvest of the month: Plums/Pluots	*2 <sup>ND</sup> CHOICES START 9/12 (See reverse for second choice offerings)	31 MINI TWIN BURGERS 5 Star Offer Bar Milk	CORN DOG 5 Star Offer Bar Milk	CHEESE (V) & PEPPERONI PERSONAL PIZZA 5 Star Offer Bar Milk
	Cereal Grahams Juice Milk	Pancake on a Stick Juice Milk	Mini Cinni's Juice Milk	Cereal Grahams Juice Milk
No School LABOR DAY	6 CHICKEN TENDERS 5 Star Offer Bar Milk	7 BEAN & CHEESE BURRITO (V) 5 Star Offer Bar Milk	8 GRILLED CHEESE SANDWICH (V) 5 Star Offer Bar Milk	9 CHEESE BREADSTICKS Pizza Dipping Sauce 5 Star Offer Bar Milk
Cereal Grahams Juice Milk	French Toast Juice Milk	Oatmeal Bar Juice Milk	Yogurt Granola Juice Milk	Cereal Grahams Juice Milk
POPCORN CHICKEN 5 Star Offer Bar Milk	13 CHEESE QUESADILLA (V) 5 Star Offer Bar Milk	DOUBLE DOG 5 Star Offer Bar Milk	15 CHICKEN DRUMSTICK Cornbread Muffin 5 Star Offer Bar Milk	16 CHEESE (V) OR PEPPERONI STUFFED CRUST PIZZA 5 Star Offer Bar Milk
Cereal Grahams Juice Milk	Breakfast Sliders Juice Milk	Pancakes Juice Milk	Taco Roll Up Juice Milk	Cereal Grahams Juice Milk
CHICKEN RINGS 5 Star Offer Bar Milk	BEEF TERIYAKI DIPPERS Brown Rice 5 Star Offer Bar Milk	CHEESE PIZZA RIPPER (V) 5 Star Offer Bar Milk	CHICKEN PATTY w/ BUN 5 Star Offer Bar Milk	BAJA FISH STICKS Roll Sour Raisins 5 Star Offer Bar Milk
Cereal Grahams Juice Milk	Mini Bagels Juice Milk	Fruit Pocket Juice Milk	Banana Bread Juice Milk	Cereal Grahams Juice Milk
CHICKEN NUGGETS 5 Star Offer Bar Milk	BEEF NACHOS W/CHEESE CUP Tortilla Chips 5 Star Offer Bar Milk	CHEESE PIZZA STICKS (V) 5 Star Offer Bar Milk	DUTCH WAFFLE (V) Turkey Sausage Patty 5 Star Offer Bar Milk	MINI CORN PUPS 5 Star Offer Bar Milk
Monday 5 Star Offer Bar	Tuesday 5 Star Offer Bar	Wednesday 5 Star Offer Bar	Thursday 5 Star Offer Bar	Friday 5 Star Offer Bar
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Blueberries	Orange Wedges	Pluots	Whole Apples	Peaches
Raisins	Applesauce	Mixed Fruit	Pears	Bananas
Baby Cut Corn	Edamame Celery Sticks & Baby Carrots	Garbanzo Beans	Peas Dried Cranberries	Cucumber Slices Broccoli/Cauliflower Crowns
Cherry Tomatoes	Celety Sticks & Daby Callus	Red Peppers	Difed Clariberries	Dioccoll/Caulillower Clowits

#### **Second Choice Offerings:**

Monday Tuesday Wednesday Thursday Friday

Sweet Potato Muffin Pal Pack String Cheese Sunflower Seeds (V) Yogurt Pal Pack String Cheese Sunrise Bites (V)

Turkey Bologna/Salami & Cheese Sandwich (V)

Bean & Cheese Burrito (V)

Bagel Pal Pack String Cheese Sunflower Seeds (V)

#### Letter from the Director

Hello and welcome back!

Each year our Nutrition Services department works hard to bring healthy and delicious meals to all students while creating a fun and supportive eating environment in the cafeteria. We strive to provide each child with the best nutrition possible to help them reach their full academic, artistic and athletic potential.

Customer satisfaction is our number one goal, and we make it a priority to see that the product we are serving meets the needs of our Renton School District students, families and staff. If at any time this year you have questions or concerns, please feel free to contact me.

I look forward to a wonderful school year full of great successes and wonderful memories for you all. Warm regards,

Heather Mann, RD Nutrition Services Director 425-204-3545



We Are Hiring!
Part-time Positions Available.

Contact the Nutrition Services Office for more information-425-204-3545

#### Milk Available Daily:



Fat Free White
Low Fat White
Fat Free Chocolate
\*Soymilk available upon request.

Remember to take a ½ cup of fruit at breakfast and a ½ cup of fruit or vegetable at lunch for a complete meal!

Just a reminder to get your Free and Reduced lunch applications turned in soon! Applications are available online through your family access account or at your school cafeteria.

Please call Nutrition Services at (425) 204-3545 with any questions. Thanks!

## Renton School District Offers Breakfast Daily!

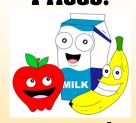




## First class learning starts with first class nutrition!

(Students who qualify for Free or Reduced Lunch also qualify for Free Breakfast)

# Elementary Meal Prices:



Breakfast- \$1.50 Lunch- \$2.75

(V)= Vegetarian Option

