



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

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



Milk Available Daily:



Fat Free White
Low Fat White
Fat Free Chocolate
**Soy milk 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!



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

We Are Hiring!
Part-time Positions Available.

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

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!

