



March 2017

Elementary Breakfast and Lunch Menu



<p>On-line applications for free and reduced meals are available at the Kent School District website (www.kent.k12.wa.us). Paper applications are available at school offices and must be returned to Nutrition Services for processing. Approval of applications may take up to 10 days and students pay full price until an approval is received.</p>		Wednesday 3/01	Thursday 3/02	Friday 3/03
		Breakfast Menus		
		Late Arrival – No Breakfast	Pancake Sausage on a Stick Cinnamon Toast Crunch	Cinnamon Roll Honey Nut Cheerios
		Lunch Menus		
		Bagel Cheese Pizza (V) Taco Salad and Tortilla Chips	PBJ Sandwich and Sunflower Seeds (V) Chicken Tenders and Fries	Cheesy Breadsticks (V) Sloppy Joe (Beef)
Monday 3/06	Tuesday 3/07	Wednesday 3/08	Thursday 3/09	Friday 3/10
Breakfast Menus				
Blueberry Mini Loaf Cocoa Puffs	Breakfast Taco (Egg, Cheese, Turkey Sausage) Cinnamon Chex	Mini Maple Pancakes Chocolate Mini Wheats	Breakfast Muffin (Egg & Cheese) Cinnamon Toast Crunch	<p>No School Today</p>
Lunch Menus				
Toasted Cheese Sandwich (V) Cheeseburger Sliders	Bagel Cheese Pizza (V) Chicken Burger and Tater Tots	Yogurt with Muffin and Sunflower Seeds (V) Hot Dog (Turkey) and French Fries	Bean and Cheese Burrito (V) Brunch-4-Lunch Egg, Turkey Sausage & Pancake	
Monday 3/13	Tuesday 3/14	Wednesday 3/15	Thursday 3/16	Friday 3/17
Breakfast Menus				
Banana Bread Cocoa Puffs	Breakfast Slider (Turkey Ham & Cheese) Frosted Flakes	Breakfast Burrito (Egg & Cheese) Chocolate Mini Wheats	Pancake Sausage on a Stick Cinnamon Toast Crunch	Cheese Quesadilla Honey Nut Cheerios
Lunch Menus				
Yogurt with Muffin and Cheese (V) Chicken Nuggets and Jojo Potatoes	Cheese Pizza Sliders (V) Hamburger and Tater Tots	Bagel Cheese Pizza (V) Chicken Caesar Salad	PBJ Sandwich and Sunflower Seeds (V) Mini Corndogs and Tater Tots	Cheesy Breadsticks (V) Teriyaki Chicken and Rice Happy St. Patrick's Day!
Monday 3/20	Tuesday 3/21	Wednesday 3/22	Thursday 3/23	Friday 3/24
Breakfast Menus				
Blueberry Mini Loaf Cocoa Puffs	Breakfast Taco (Egg, Cheese, Turkey Sausage) Cinnamon Chex	Late Arrival – No Breakfast	Breakfast Muffin (Egg & Cheese) Cinnamon Toast Crunch	Mini French Toast Honey Nut Cheerios
Lunch Menus				
Yogurt with Muffin and Sunflower Seeds (V) Cheeseburger Sliders	Bagel Cheese Pizza (V) Spaghetti and Meatballs	Toasted Cheese Sandwich (V) Hot Dog (Turkey) and French Fries	Bean and Cheese Burrito (V) Chicken Drumstick and Tater Tots	Cheese Rippers (V) Nachos with Mexi Rice and Tortilla Chips
Monday 3/27	Tuesday 3/28	Wednesday 3/29	Thursday 3/30	Friday 3/31
Breakfast Menus				
Banana Bread Cocoa Puffs	Breakfast Slider (Turkey Ham & Cheese) Frosted Flakes	Breakfast Burrito (Egg & Cheese) Chocolate Mini Wheats	Pancake Sausage on a Stick Cinnamon Toast Crunch	Cinnamon Roll Honey Nut Cheerios
Lunch Menus				
Yogurt with Muffin and Cheese (V) Chicken Nuggets and Jojo Potatoes	Cheese Pizza (V) Chicken Burger and Tater Tots	Bagel Cheese Pizza (V) Taco Salad and Tortilla Chips	PBJ Sandwich and Sunflower Seeds (V) Chicken Tenders and Fries	Cheesy Breadsticks (V) Sloppy Joe (Beef)

BREAKFAST: Students are offered a choice of four food items from three food groups: grains, fruit and milk. Students are required to select full servings of three out of the four food items to be considered a meal. One choice must be a fruit.

LUNCH: Students are offered a choice of items from five food groups: meat or meat alternate, grains, fruit, vegetables and milk. Students are required to select full servings of three items from the five food groups to be considered a meal. One choice must be a fruit or vegetable.

Menu items subject to change depending on availability of products.

Comments or Questions? Nutrition Services 253-373-7275

V=Vegetarian Choice

All meals include milk. Milk Only 50¢

Lunch Prices:

- \$2.50 Student Lunch
- \$0.00 Reduced K-3 Lunch
- \$0.40 Reduced 4-6 Lunch
- \$3.75 Adult/Visitor Lunch

Breakfast Prices:

- \$1.50 Student Breakfast
- \$0.00 Reduced K-6 Breakfast
- \$2.25 Adult/Visitor Breakfast

Make online payments to meal accounts and check balances at www.lunchmoneynow.com/lmn001



This institution is an equal opportunity provider.