



# March 2019

## Elementary Breakfast and Lunch Menu



**Breakfast Prices:**  
 \$1.75 Student Breakfast  
 \$0.00 Reduced K-6 Breakfast  
 \$2.50 Adult/Visitor Breakfast

All meals include milk.  
 Milk Only 50¢

**Lunch Prices:**  
 \$2.70 Student Lunch  
 \$0.00 Reduced K-3 Lunch  
 \$0.40 Reduced 4-6 Lunch  
 \$4.00 Adult/Visitor Lunch


V=Vegetarian Choice

Menu items subject to change  
 depending on availability of products.

Comments or  
 Questions?

Nutrition Services  
 253-373-7275

Friday 3/01
<b>Breakfast Menu</b>
Breakfast Muffin (Egg & Cheese) Honey Nut Cheerios
<b>Lunch Menu</b>
Cheesy Bread Sticks (V) Mini Corndogs and Tater Tots (V)

Monday 3/04	Tuesday 3/05	Wednesday 3/06	Thursday 3/07	Friday 3/08
<b>Breakfast Menus</b>				
Banana Bread Cocoa Puffs	Yogurt and Granola Cinnamon Chex	Scrambled Eggs & Waffles Chocolate Mini Wheats	Breakfast Muffin (Egg & Cheese) Cinnamon Toast Crunch	Mini Cinnis Honey Nut Cheerios
<b>Lunch Menus</b>				
Yogurt, Sunflower Seeds and Mini Waffle (V) Cheeseburger Sliders	Chicken Burger and Fries PBJ Sandwich and Sunflower Seeds (V)	Chicken Alfredo Build a Cheese Pizza (V)	Corndog (Chicken) and Sun Chips Hummus, Cheese and Crackers (V)	Bagel Cheese Pizza (V) Fish Nuggets and Fries
Monday 3/11	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15
<b>Breakfast Menus</b>				
Strawberry Bagel Stick Cocoa Puffs	Breakfast Slider (Turkey/Ham/Cheese) Frosted Flakes	Mini Maple Pancakes Chocolate Mini Wheats	Pancake Sausage on a Stick Cinnamon Toast Crunch	Apple Cinnamon Texas Toast Honey Nut Cheerios
<b>Lunch Menus</b>				
Yogurt, Corn Muffin and String Cheese (V) Chicken Tenders and Jojos	Toasted Cheese Sandwich (V) Hot Dog and Fries PBJ Sandwich and Sunflower Seeds (V)	Veggie Bites and Tater Tots (V) Chicken Caesar Salad Build a Cheese Pizza (V)	Bean and Cheese Burrito (V) Chicken Leg and Jojos Pretzel Cheese Pack (V)	Cheese Pizza on French Bread (V) Hamburger and Tater Tots 
Monday 3/18	Tuesday 3/19	Wednesday 3/20	Thursday 3/21	Friday 3/22
<b>Breakfast Menus</b>				
Cheese Quesadilla Cocoa Puffs	Breakfast Ripper (Turkey/Ham/Cheese) Cinnamon Chex	Twin Berry Cream Twist Chocolate Mini Wheats	Breakfast Muffin (Egg & Cheese) Cinnamon Toast Crunch	Cinnamon Roll Honey Nut Cheerios
<b>CONFERENCE WEEK Early Dismissal</b>		<b>CONFERENCE WEEK Early Dismissal</b>		
Yogurt, String Cheese and Mini Waffle (V) Chicken Burger and Fries	Cheese Pizza (V) PBJ Sandwich and Sunflower Seeds (V)	Pasta, Meatballs and Sauce Build a Cheese Pizza (V)	Brunch-4-Lunch Ch Omelet, Turkey Sausage, Potato Hummus, Cheese and Crackers (V)	Cheese Rippers (V) Nachos with Refried Beans and Tortilla Chips
Monday 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29
<b>Breakfast Menus</b>				
Breakfast Wrap (Egg & Cheese) Cocoa Puffs	Breakfast Slider (Turkey/Ham/Cheese) Frosted Flakes	Mini French Toast Chocolate Mini Wheats	Pancake Sausage on a Stick Cinnamon Toast Crunch	Apple Cinnamon Texas Toast Honey Nut Cheerios
<b>Lunch Menus</b>				
Yogurt, String Cheese and Blueberry Loaf (V) Chicken Nuggets and Fries	Toasted Cheese Sandwich (V) Turkey Burger and Tater Tots PBJ Sandwich and Sunflower Seeds (V)	Veggie Bites and Tater Tots (V) Taco Salad and Tortilla Chips Build a Cheese Pizza (V)	Macaroni and Cheese (V) Pepperoni Rippers (Turkey) Pretzel Cheese Pack (V)	Cheesy Bread Sticks (V) Mini Corndogs and Tater Tots

**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.

Make online payments to  
 meal accounts and check balances at  
[www.lunchmoneynow.com/lmn001](http://www.lunchmoneynow.com/lmn001)



*This institution is an equal opportunity provider.*

On-line applications for free and reduced meals are available at the Kent School District website ([www.kent.k12.wa.us](http://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.