



# OCTOBER 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

Monday 9/30	Tuesday 10/01	Wednesday 10/02	Thursday 10/03	Friday 10/04	
<b>Breakfast Menus</b>					
Banana Bread Rice Krispies	Yogurt and Granola Frosted Flakes	French Toast Chocolate Mini Wheats	Breakfast Slider (Turkey/Ham/Cheese) Cinnamon Toast Crunch	Blueberry Buckle Honey Nut Cheerios	
<b>Lunch Menus</b>					
Yogurt, Sunflower Seeds and Mini Waffles (V) Cheeseburger Sliders	Cheese Rippers (V) Chicken Burger and Fries PBJ Sandwich and String Cheese (V)	Cheese Pizza (V) Chicken Alfredo Build a Cheese Pizza (V) 	Turkey Cheese Sandwich on a Bun Brunch-4-Lunch Ch Omelet, Turkey Sausage, Potato Mexi Boat (Tostitos, Bean Dip, Cheese) (V)	Garlic Cheese Bread and Marinara Sauce (V) Nachos with Refried Beans and Tortilla Chips	
Monday 10/07	Tuesday 10/08	Wednesday 10/09	Thursday 10/10	Friday 10/11	
<b>Breakfast Menus</b>					
Strawberry Bagel Stick Rice Krispies	Breakfast Wrap (Egg & Cheese) Cinnamon Chex	Mini Maple Pancakes Chocolate Mini Wheats	McKent Sandwich & Taters Cinnamon Toast Crunch	<p style="font-size: 2em; color: orange;">No School Today!</p> 	
<b>Lunch Menus</b>					
Yogurt, Blueberry Loaf and String Cheese (V) Chicken Tenders and Jojos	Cheese Quesadilla (V) Hot Dog and Fries PBJ Sandwich and Sunflower Seeds (V)	Veggie Bites and Tots (V) Taco Salad and Tortilla Chips	Bean and Cheese Burrito (V) Chicken Leg and Jojos Build a Cheese Pizza (V)		
Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18	
<b>Breakfast Menus</b>					
Banana Bread Rice Krispies	Yogurt & Granola Frosted Flakes	French Toast Chocolate Mini Wheats	Breakfast Pizza (Turkey Sausage) Cinnamon Toast Crunch	Scrambled Eggs and Waffles Honey Nut Cheerios	
<b>Lunch Menus</b>					
Yogurt, Sunflower Seeds and Apple Berry Bar (V) Cheeseburger Sliders	Mozzie Dunkers and Marinara Sauce (V) Chicken Burger and Fries PBJ Sandwich and String Cheese (V)	Cheese Pizza (V) Pasta, Meatballs and Sauce Build a Cheese Pizza (V)	Fish Nuggets and Fries Brunch-4-Lunch Ch Omelet, Turkey Sausage, Potato Mexi Boat (Tostitos, Bean Dip, Cheese) (V)	Macaroni and Cheese (V) Nachos with Mexi Rice and Tortilla Chips	
Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25	
<b>Breakfast Menus</b>					
Breakfast Wrap (Egg & Cheese) Rice Krispies	Apple Cinnamon Texas Toast Cinnamon Chex	Breakfast Ripper (Turkey/Ham/Cheese) Chocolate Mini Wheats	Pancake Sausage on a Stick Cinnamon Toast Crunch	Cinnamon Roll Honey Nut Cheerios	
<b>Lunch Menus – CONFERENCE WEEK</b>					
Yogurt, Corn Muffin and String Cheese (V) Chicken Nuggets and Taters	Toasted Cheese Pocket (V) PBJ Sandwich and Sunflower Seeds (V)	Veggie Bites and Tots (V) Chicken Caesar Salad	Cheese Rippers (V) Build a Cheese Pizza (V)	Cheesy Bread Sticks (V) Mini Corndogs (chicken) and Tater Tots	
Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/01	
<b>Breakfast Menus</b>					
Banana Bread Rice Krispies	Yogurt and Granola Frosted Flakes	Scrambled Eggs and Waffles Chocolate Mini Wheats	Breakfast Slider (Turkey/Ham/Cheese) Cinnamon Toast Crunch	Blueberry Buckle Honey Nut Cheerios	
<b>Lunch Menus</b>					
Yogurt, Sunflower Seeds and Mini Waffles (V) Cheeseburger Sliders	Cheese Pizza (V) Chicken Burger and Fries PBJ Sandwich and String Cheese (V)	Turkey Cheese Sandwich on a Bun Chicken Alfredo Build a Cheese Pizza (V)	Cheese Rippers (V) Brunch-4-Lunch Ch Omelet, Turkey Sausage, Potato Mexi Boat (Tostitos, Bean Dip, Cheese) (V)	Garlic Cheese Bread and Marinara Sauce (V) Nachos with Mexi Rice and Tortilla Chips	

**BREAKFAST** is 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** includes 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)



*Menu items subject to change depending on availability of products.*

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.

**This institution is an equal opportunity provider.**

**Comments or Questions? Nutrition Services 253-373-7275**