



September 2019

Elementary Breakfast and Lunch Menu



★ **New Item!**

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



Thursday 8/29	Friday 8/30
Breakfast Menus	
Cinnamon Toast Crunch	Corn Muffin Honey Nut Cheerios
Lunch Menus	
Yogurt, Sunflower Seeds and Blueberry Loaf (V) Turkey Ham Sliders	Cheese Rippers (V) Chicken Nuggets and Fries

Monday 9/02	Tuesday 9/03	Wednesday 9/04	Thursday 9/05	Friday 9/06
	Breakfast Menus			
	Banana Bread Cinnamon Chex	Breakfast Muffin (Egg & Cheese) Chocolate Mini Wheats	Pancake Sausage on a Stick Cinnamon Toast Crunch	Mini Cinnis Honey Nut Cheerios
	Lunch Menus			
Yogurt, Sunflower Seeds and Mini Waffles (V) Cheeseburger Sliders	Cheese Pizza (V) Chicken Burger and Fries	Cheese Rippers (V) Brunch-4-Lunch Ch Omelet, Turkey Sausage, Potato	Garlic Cheese Bread and Marinara Sauce (V) Nachos with Mexi Rice and Tortilla Chips	
Monday 9/09	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13
Breakfast Menus				
Strawberry Bagel Stick Rice Krispies	Breakfast Wrap (Egg & Cheese) Cinnamon Chex	Mini Maple Pancakes Chocolate Mini Wheats	Egg & Cheese Frittata Cinnamon Toast Crunch	French Toast Honey Nut Cheerios
Lunch Menus				
Yogurt, Blueberry Muffin 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) Chicken Caesar Salad Build a Cheese Pizza (V)	Bean and Cheese Burrito (V) Chicken Leg and Fries	Cheesy Bread Sticks (V) ★ Teriyaki Chicken Meatballs and Rice
Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20
Breakfast Menus				
Banana Bread Rice Krispies	Yogurt & Granola Frosted Flakes	Scrambled Eggs & Waffles Chocolate Mini Wheats	McKent Sandwich & Taters Cinnamon Toast Crunch	Cinnamon Roll Honey Nut Cheerios
Lunch Menus				
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)	Bologna Cheese Sandwich on a Bun 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 Refried Beans and Tortilla Chips
Monday 9/23	Tuesday 9/24	Wednesday 9/25	Thursday 9/26	Friday 9/27
Breakfast Menus				
Breakfast Wrap (Egg & Cheese) Rice Krispies	French Toast Cinnamon Chex	Breakfast Ripper (Turkey/Ham/Cheese) Chocolate Mini Wheats	Pancake Sausage on a Stick Cinnamon Toast Crunch	Apple Cinnamon Texas Toast Honey Nut Cheerios
Lunch Menus				
Yogurt, Blueberry Muffin and String Cheese (V) Chicken Nuggets and Jojos	★ Toasted Cheese Pocket (V) Hamburger and Fries PBJ Sandwich and Sunflower Seeds (V)	Mini Corndogs (Chicken) and Tots Taco Salad and Tortilla Chips Build a Cheese Pizza (V)	Cheese Pizza (V) Chicken Leg and Fries	Cheesy Bread Sticks (V) ★ Chicken Fiesta and Mexi Rice Bowl

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



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). 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