



Rainier Valley-Leadership Academy

FEATURE OF THE MONTH

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

				<p>Breakfast: GF WH Honey Nut Cereal , String Cheese, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>PM Snack: WG Muffin, Yoplait Raspberry Yogurt</p>
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<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>PM Snack: String Cheese, WG Muffin</p>	<p>Breakfast: WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>PM Snack: Cheddar Cheese Guppies, fresh fruit</p>	<p>Breakfast: Hardboiled Egg, GF WG Original Cheerios , fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>PM Snack: Yoplait Raspberry Yogurt, fresh fruit</p>	<p>Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>PM Snack: Pretzels, fresh fruit</p>	<p>Breakfast: String Cheese, GF WH Honey Nut Cereal , fresh fruit</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>PM Snack: WG Muffin, Yoplait Raspberry Yogurt</p>
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<p>Lunch: No School</p>	<p>Lunch: No School</p>	<p>Lunch: No School</p>	<p>Lunch: No School</p>	<p>Lunch: No School</p>
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<p>Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Hearty Spaghetti, WG Garlic Bread, fresh fruit, and veggies</p> <p>PM Snack: String Cheese, WG Muffin</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies</p> <p>PM Snack: Cheddar Cheese Guppies, fresh fruit</p>	<p>Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit</p> <p>Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>PM Snack: Yoplait Raspberry Yogurt, fresh fruit</p>	<p>Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>PM Snack: Pretzels, fresh fruit</p>	<p>Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit</p> <p>Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>PM Snack: Yoplait Raspberry Yogurt, WG Muffin</p>
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<p>Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>PM Snack: WG Muffin, String Cheese</p>	<p>Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit</p> <p>Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies</p> <p>PM Snack: Cheddar Cheese Guppies, fresh fruit</p>	<p>Breakfast: GF WH Honey Nut Cereal , Hardboiled Egg, fresh fruit</p> <p>Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies</p> <p>PM Snack: Yoplait Raspberry Yogurt, fresh fruit</p>	<p>Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>PM Snack: Pretzels, fresh fruit</p>	<p>Breakfast: String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies</p> <p>PM Snack: WG Muffin, Yoplait Raspberry Yogurt</p>
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