



JANUARY | 2018

Rensselaer Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Winter Break	2 Winter Break	3 Breakfast: Breakfast Pizza Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Broccoli & Salad Bar Orange Wedges or Fruit Milk	4 Breakfast: Blueberry Muffin Fruit-Fresh Fruit-Milk Lunch: Spaghetti Green Beans & Salad Bar Applesauce or Fresh Fruit Breadstick Milk	5 Breakfast: Toast-Cereal Juice-Fresh Fruit-Milk Lunch: Ham with Scalloped Potato & Salad Bar Juice or Fresh Fruit Cookie Milk
8 Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Cheeseburger on Bun Winter Blend & Salad Bar Baked Apples or Fresh Fruit Milk	9 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos & 2 Soft Shells Fiesta Bar Refried Beans Juice or Fresh fruit Milk	10 Breakfast: Ultimate Breakfast Casserole Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Broccoli & Salad Bar Jell-O with Fruit Or Fresh Fruit Milk	11 Breakfast: Frudel Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Dinner Roll Peaches or Fresh Fruit Milk	12 Breakfast: Toast-Cereal Juice-Fresh Fruit-Milk Lunch: Chili with Corn Bread Baby Carrot & Salad Bar Juice or Fresh Fruit Corn Chips Milk
15 Weather Make-up Day	16 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Refried Beans Salsa Fiesta Bar Juice or Fresh Fruit Milk	17 Breakfast: Yogurt-Cracker Fruit-Fresh Fruit-Milk Lunch: 2 Stuffed Breadsticks Broccoli & Salad Bar Pears or Fresh Fruit Milk	18 Breakfast: Ham & Cheese Croissant Hash Brown-Fruit-Milk Lunch: Shrimp-Cheese Baked Potato & Salad Bar Fruit Cocktail or Fresh fruit Dinner Roll Milk	19 Breakfast: Toast-Cereal Juice-Fruit-Milk Lunch: B-B-Q Chicken Sandwich Baby carrots & Salad Bar Juice or Fresh Fruit Milk
22 Breakfast: Ham & Cheese Biscuit Fruit-Fresh Fruit-Milk Lunch: Hot Dog Baby Carrots & Salad Bar Applesauce or Fresh fruit Milk	23 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos & 2 Shells Refried Beans Fiesta Bar Juice or Fresh Fruit Milk	24 Breakfast: Ultimate Breakfast Casserole Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza Normandy Blend & Salad Bar Orange Wedges or Fresh Fruit Milk	25 Breakfast: Poptart Fruit-Fresh Fruit-Milk Lunch: Roast Turkey Mashed Potato with Gravy Peas Peaches or Fresh Fruit Dinner Roll Milk	26 Breakfast: Toast-Cereal Juice-Fruit-Milk Lunch: Ham & Cheese Sub Broccoli Salad Bar Juice or Fresh Fruit Milk
29 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Chicken Nugget Broccoli Salad Bar Baked Apples or Fresh Fruit Cookie Milk	30 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals Refried Beans Fiesta Bar Juice or Fresh Fruit Milk	31 Breakfast: Cinnamon Roll Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Baby Carrots & Salad Bar Blueberry Crisp Or Fresh Fruit Milk		

News

January is National Blood Donor Month. Since 1970, National Blood Donor Month has been observed in January to not only honor blood and platelet donors, but also to help increase donation during the winter. Maintaining a sufficient blood supply for patients is difficult at this time of year. To make an appointment, download the free Red Cross Blood app, visit redcrossblood.org or call 800-733-2767

*START
YOUR DAY
THE RIGHT WAY
WITH SCHOOL BREAKFAST*

*SCHOOL BREAKFAST
WILL GIVE YOU
MORE
ENERGY
KEEP YOUR BODY
HEALTHY
AND HELP IMPROVE YOUR
GRADES*