



# OCTOBER | 2018

## Rensselaer Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Breakfast: Waffle Fruit-Fresh fruit-Milk Lunch: Grilled Chicken on Bun Broccoli Salad Bar Baked Apples or Fruit Milk	<b>2</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Nacho Naturals Refried Beans Salsa-Fiesta Bar Juice or Fruit Milk	<b>3</b> Breakfast: 592072 Banana Elf Muffin Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Green Beans-Salad bar Peaches or Fruit Milk	<b>4</b> Breakfast: Toast/Cereal Fruit-Fresh fruit-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Fruit Cocktail or Fruit Dinner Roll Milk	<b>5</b> Breakfast: Breakfast Pizza Juice-Fresh Mixed Fruit-Milk Lunch: Sub Sandwich Baby Carrot Salad Bar Juice or Fruit Milk
<b>8</b> Breakfast: French toast Fruit-Fresh Fruit-Milk Lunch: Chicken Nuggets Normandy Blend Salad Bar - Pears pr Fruit Goldfish Cracker Milk	<b>9</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Tacos 2 Soft Shells Fiesta Bar-Cheese-Salsa Refried Beans Juice or Fruit Milk	<b>10</b> Breakfast: English Muffin Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Broccoli Salad Bar Applesauce or Fruit Milk	<b>11</b> Breakfast: Toast/Cereal Fruit Fresh Fruit-Milk Lunch: Salisbury Steak Mashed Potato Salad Bar Jell-O with Fruit or Fruit Dinner Roll Milk	<b>12</b> Breakfast: Ham & Cheese Croissant Hash Brown Fresh Fruit Juice Milk Lunch: Turkey & Cheese on Bun Baby Carrots-Salad Bar Juice or Fruit Cookie Milk
<b>15</b> Breakfast: Flapstick Fruit-Fresh Fruit-Milk Lunch: Chicken on Bun Glazed Carrots Salad Bar Orange Wedges or Fruit Milk	<b>16</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tamale Pie Refried Beans-Salsa Fiesta Bar Juice or Fruit Milk	<b>17</b> Breakfast: Berry Bread Fruit-Fresh Fruit-Milk Lunch: (2) Stuffed Breadstick Broccoli Salad Bar Grapes or Fruit Cookie Milk	<b>18</b> Breakfast: Toast/Cereal Fruit-Fresh Fruit-Milk Lunch: Ham Scalloped Potato Salad Bar Peaches Dinner Roll Milk	<b>19</b> .  Fall  Break
<b>22</b> .  Fall  Break	<b>23</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Quesadilla with Salsa Refried Beans Salad Bar Juice or fruit Milk	<b>24</b> Breakfast: UBR Fruit-Fresh fruit-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Strawberries or Fruit Milk	<b>25</b> Breakfast: Toast/Cereal Fruit-Fresh Fruit-Milk Lunch: Shrimp-Cheese Baked Potato-Salad Bar Pineapple or Fruit Breadstick Milk	<b>26</b> Breakfast: Breakfast Pizza Juice-Fresh Mixed Fruit-Milk Lunch: Hot Dog on Bun Carrots Salad Bar Juice or Fruit Corn Chips Milk
<b>29</b> Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Chicken Nuggets Broccoli Salad Bar Baked Apples or Fruit Teddy Grahams Milk	<b>30</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tacos 2 Soft Shells Fiesta Bar Cheese-Salsa Juice or Fruit Milk	<b>31</b> Breakfast: 401042 Cinnamon Mini Bagel Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Italian Blend Vegetables Salad Bar Orange Wedge or Fruit Milk	<b>1</b> Breakfast: Yogurt/Crackers Fruit-Fresh Fruit-Milk Lunch: Chicken Noodle Mashed Potato- Salad Bar Pears or Fruit Dinner Roll Milk	<b>2</b> Breakfast: Toast/Cereal Juice-Fruit-Milk Lunch: BBQ Sandwich Carrots-Salad Bar Juice or Fruit Milk

### News

**Wake up to School  
Breakfast a healthy  
school breakfast is the  
perfect way for your child  
to start their day.  
Students who eat school  
breakfast attend on  
average 1.5 more days of  
school per year & score  
17.5% higher on  
standardized math test.**

