



OCTOBER | 2018

Rensselaer Middle School

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

