



JANUARY | 2019

Rensselaer Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Happy New Year	1	2	3 Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Green Beans Pears Dinner Roll Milk	4 Breakfast: Cereal-Toast Fruit-Juice-Milk Lunch: Corn Dog Baked Beans Cooked Carrots Fruit Milk
7 Breakfast: Waffle Fresh Fruit-Fruit-Milk Lunch: Turkey & Cheese Sandwich Potato Wedges Carrots Fruit Cocktail Cookie Milk	8 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Quesadilla Refried Beans Salsa-Winter Blend Juice Milk	9 Breakfast: Berry Bread Fresh Fruit-Fruit-Milk Lunch: Pepperoni Pizza Broccoli & Salad bar Fresh Fruit or Pears Milk	10 Breakfast: Breakfast Pizza Fresh Fruit-Fruit-Milk Lunch: Spaghetti Italian Blend Vegetable & Salad Bar Fresh Fruit or Peaches Breadstick Milk	11 Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: Hot Dog on Bun Salad Bar Celery Sticks Fresh Fruit or Juice Milk
14 Breakfast: Pancakes Fresh Fruit-Fruit-Milk Lunch: Baked Cheese Pasta California Blend & Salad Bar Fresh Fruit or Applesauce Milk	15 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Beef Tacos 2 Soft Shells Fiesta Bar-Salsa Refried Beans Fresh Fruit or Juice Milk	16 Breakfast: English Muffin Fresh Fruit-Fruit-Milk Lunch: Cheese Pizza Broccoli Salad bar Fresh Fruit or Jell-O with Fruit Milk	17 Breakfast: Ham & Cheese Croissant Fresh fruit-Fruit-Milk Lunch: Ham with Scalloped Potato Salad Bar Fresh Fruit or Pears 2 Slice of Bread Milk	18 Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: Chicken Pot Pie With Biscuit Carrot-Salad Bar Fresh Fruit or Juice Milk
21 Breakfast: French Toast Fresh fruit-Fruit-Milk Lunch: Hamburger Sandwich Salad Bar Baby Carrots Fresh Fruit or Fruit Cocktail Milk	22 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken Tacos 2 Soft Shells Fiesta Bar-Salsa Refried Beans Fresh Fruit or Juice Milk	23 Breakfast: Crackers & Yogurt Fresh fruit-Fruit-Milk Lunch: Sausage Pizza Broccoli Salad Bar Fresh Fruit or Strawberries Milk	24 Breakfast: Donut Fresh Fruit-Fruit-Milk Lunch: Meatloaf Mashed Potato Salad Bar Fresh Fruit or Peaches Dinner Roll Milk	25 Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: Hot Ham & Cheese Sandwich Tomato Soup-Frito Corn Chips Salad Bar Juice or Baked Apples Milk
28 Breakfast: Waffle Fresh fruit-Fruit-Milk Lunch: Hot Dog Baked Beans Salad Bar Fresh Fruit or Pineapple Milk	29 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken & Beans Chili Crackers-Corn Bread Celery-Salad Bar Fresh Fruit or Juice Milk	30 Breakfast: UBR Fresh Fruit-Fruit-Milk Lunch: Stuffed Breadstick/Sauce Broccoli Salad Bar Fresh Fruit or Applesauce Milk	31 Breakfast: Biscuits Fresh Fruit-Fruit-Milk Lunch: Spaghetti Italian Blend Vegetables Salad Bar Fresh Fruit or Peaches Breadstick Milk	1 Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: BBQ Sandwich Baby Carrots & Salad Bar Fresh Fruit or Juice Milk

News Start the Day (and the YEAR) Right!

Make giving your kids a healthy breakfast every day one of your New Year resolutions.

If you're short on time in the morning or your kids aren't hungry when they wake up, send them to school for breakfast. Healthy food choices are available very morning in the cafeteria for ALL Students. We cannot wait to see them there! Help your kids to make this semester a success-encourage them to eat breakfast!

