









MARCH | 2018

Rensselaer Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: Breakfast Pizza Fruit-Fresh fruit-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Salad Bar Peaches or Fresh Fruit Dinner Roll Milk	2 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Stuffed Breadsticks/Sauce Baby Carrots Salad Bar Juice or Fresh Fruit Milk
5 Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Sub Sandwich Baby Carrots Salad Bar Baked Apples or Fruit Milk	6 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tacos 2 Soft Shells Fiesta Bar Refried Beans Juice or Fresh Fruit Milk	7 Breakfast: Breakfast Casserole-Biscuit-Fruit-Milk Lunch: Turkey & Cheese Sandwich Broccoli Salad Bar Grapes or Fruit Cookie Milk	8 Breakfast: Yogurt/Cracker Fruit-Fresh Fruit-Milk Lunch: Ham Scalloped Potato Salad Bar Peaches or Fresh Fruit Dinner Roll Milk	9 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheese Pizza Green Beans Salad Bar Juice or Fresh Fruit Milk
12 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Chef Salad Grape Tomato/Cucumber or Cold Meat Sandwich Orange Wedges or Fresh Fruit Breadstick Milk	13 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Tacos 2 Soft Shells Fiesta Bar Refried Bean Juice or Fresh Fruit Milk	14 Breakfast: Ham & Cheese Croissant Hash brown-Fruit-Milk Lunch: Corn Dog Baby Carrots Salad Bar Pears or Fresh Fruit Milk	15 Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Roast Turkey Mashed Potato & Gravy Salad Bar Peaches or Fresh Fruit Dinner Roll Milk	16 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheesy Quesadilla Broccoli Salad Bar Juice or Fresh Fruit Milk
19 Breakfast: Flapstick Fruit-Fresh Fruit-Milk Lunch: Ham & Cheese Sandwich Baby Carrots Salad Bar Juice or Fruit Rice Krispie Milk	20 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tamales-Salsa Fiesta Bar Refried Bean Pears or Fruit Milk	21 Breakfast: Breakfast Casserole-Biscuit-Fruit-Milk Lunch; Sausage Pizza Broccoli Vegetable Juice or Fruit Milk	22 Breakfast: Cereal & Toast Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Vegetable Fruit Cocktail or Fruit Dinner Roll Milk	23 
26 	27 Spring Break 	28 Spring Break 	29 Spring Break 	30 

News



Put Your Best Fork Forward

March is National Nutrition Month & It's a great time to remember that eating right doesn't have to be complicated—simply begin to shift to healthier food & beverage choice. These recommendation from the dietary Guideline for American can help get you started

- >Emphasize fruit, vegetables, whole grains & low-fat or fat-free Milk & milk products.
- >Include lean meats, poultry, fish beans, eggs & nuts.
- >Make sure you diet is low in saturated fats, Trans fats, salt, & added sugars.

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Eat Right!