



APRIL | 2018

Rensselaer Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast: Pancake Blueberry-Fruit-Milk Lunch: Cheeseburger on Bun French Fries Vegetable Fruit Milk	3 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tamales Vegetable Fruit Milk	4 Breakfast: Ham & Cheese Croissant Fruit-Grapes-Milk Lunch: Pepperoni Pizza Broccoli-Salad Bar Juice or Fresh fruit Milk	5 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Spaghetti Green Beans Salad Bar Fruit or Fresh Fruit Breadstick Milk	6 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: Turkey & Cheese on Bun Baby Carrots-Celery Salad Bar Juice or Fresh Fruit Milk
9 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Corn Dog Broccoli Salad Bar Pears or Fruit Milk	10 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Fajita 2 Soft Shells Fiesta Bar-Cheese-Salsa Refried Bean-Juice or Fruit Milk	11 Breakfast: Ham & Cheese Muffin Fruit-Fresh Fruit-Milk Lunch: Pizza Grape Tomato/Salad Bar Peaches or Fresh Fruit Milk	12 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Applesauce or Fruit Dinner Roll Milk	13 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: Sub Sandwich Carrots Salad Bar Juice or Fruit Milk
16 Breakfast: French Toast Blueberry-Fresh Fruit-Milk Lunch: Chicken Nuggets Broccoli Salad Bar Fruit Cocktail or Fresh Fruit Milk	17 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos 2 Soft Shells Fiesta Bar-Cheese-Salsa Refried Bean Juice or Fresh Fruit Milk	18 Breakfast: Ham & Cheese Croissant Fruit-Grapes-Milk Lunch: Sausage Pizza Salad Bar-Vegetable Baked Apples or Fresh Fruit Milk	19 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Ham & Scalloped Potato Salad Bar Jell-O with Fruit or Fruit Dinner Roll Milk	20 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: B-B-Q Chicken on Bun Carrots Salad Bar Juice or Fresh fruit Milk
23 Breakfast: Flap Stick Fruit-Fresh Fruit-Milk Lunch: Hot Dog Carrots Salad Bar Fruit or Fresh Fruit Milk	24 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Tacos 2 Soft Shells Fiesta Bar-Cheese-Salsa Refried Beans Juice or Fruit Milk	25 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: Cheese Pizza Broccoli Salad Bar Fruit or Fresh Fruit Milk	26 Breakfast: Toast Juice-Fruit-Milk Lunch: Salisbury Steak Mashed Potato Vegetable Grapes or Fruit Dinner Roll Milk	27 Breakfast: Ham & Cheese Croissant Hash brown Fruit-Milk Lunch: Turkey & Cheese on Bun Vegetable-Salad Bar Juice or Fruit Milk
30 Breakfast: Pancake Blueberry-Fresh Fruit-Milk Lunch: Ham & Cheese on Bun Vegetable-Salad Bar Fruit or Fresh Fruit Milk				

News

Take a Stand The Big Number

<<5>>

For every 30 minutes of sitting, you should get up & move around for five minutes to reduce the risk of sitting too long.

Eat Better

Try lots of different fruits, veggies & whole grains for healthy diet.



Get Straight A's with a healthy Breakfast

**Join us for School Breakfast
The proven benefit of breakfast for you includes:**

>Better overall nutrition & healthy body weight.

>Fewer absences & reduced tardiness

>Higher scores on achievement test.