









MARCH | 2024

Rensselaer Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Breakfast: French Toast Fruit-Juice-Milk Lunch: Chicken Nuggets Glazed Carrots Salad Bar Fruit or Fresh Fruit Milk	27 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Fiesta Bar-Salsa-Cheese Refried Beans Juice or Fruit Milk	28 Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Cheese Pizza Broccoli Salad Bar Banana or Fruit Milk	29 Breakfast: UBR Fruit-Fresh-Juice-Milk Lunch: Chicken Noodle Soup-Crackers Grilled Cheese Sandwich Carrots Salad Bar Fruit or Fresh Fruit Milk	1 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: (2) Stuffed Breadstick Sauce California Blend-Salad Bar Juice or Fruit Milk
4 Breakfast: Pancake Fruit-Juice- Milk Lunch: Cheeseburger on Bun Sliced Tomato/Salad Bar French Fries Fruit Cocktail or Fresh Fruit Milk	5 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Nacho Naturals-Chips Refried Beans-Salsa Fiesta Bar Juice or fruit Milk	6 Breakfast: Biscuit Fruit-Juice-Milk Lunch: Sausage Pizza Broccoli Fruit Jell-O with Fruit or Fruit Milk	7 Breakfast: Cinnamon Roll Fruit-Juice-Milk Lunch: Spaghetti Green Beans-Salad Bar Applesauce or Fresh Fruit Breadstick Milk	8 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheese Pizza Salad Bar Winter Blend Juice or Fruit Milk
11 Breakfast: Waffle Fruit-Juice-Milk Lunch: Sub Sandwich Sliced Tomato/Salad Bar Carrots Applesauce or Fresh Fruit Milk	12 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Fiesta Bar-Salsa-Cheese Refried Beans Juice or Fruit Milk	13 Breakfast: Yogurt-Cracker Fruit-Juice-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Strawberries or Fruit Milk	14 Breakfast: Bagel Fruit-Juice-Milk Lunch: Chicken Noodles Mashed Potato Peas & Carrots- Salad Bar Peaches or Fruit Dinner Roll Milk	15 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: (2) Stuffed Breadsticks/Sauce Californian Blend-Salad Bar Juice or Fresh Fruit Cookie Milk
18 Breakfast: Flapstick Fruit-Juice-Milk Lunch: Chicken Nuggets Broccoli Vegetable Applesauce or Fruit Rice Krispie Milk	19 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Quesadilla Refried Bean Vegetable Fruit or Fresh Fruit Milk	20 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Hot Dog on Bun Glazed Carrots Baked Beans-Salad Bar Fruit or Fresh Fruit Milk	21 Breakfast: UBR: Fruit-Juice-Milk Lunch: Ham & Cheese Sandwich Vegetable Fruit or Fruit Milk	22 Spring Break 
25 	26 Spring Break 	27 Spring Break 	28 Spring Break 	29 

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 sugar.

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Eat Right!