

SEPTEMBER | 2023



Rensselaer Middle School

Eat Smart Make Choice from all Five Food Groups Daily!

Student are required to choose 3 of the 5 component with at least 1 Fruit or Vegetable to make a A-Line Lunch.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 Breakfast: Waffle Fruit-Juice-Milk Lunch: Corn Dog Carrots Salad Bar Fruit Cocktail or Fresh Fruit Milk</p>	<p>29 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals/Chips Refried Beans Fiesta Bar Juice or Fruit Milk</p>	<p>30 Breakfast: Biscuit Fruit-Juice-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Pears with Jell-O or Fruit Milk</p>	<p>31 Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Mostaccioli-Cheese Green Beans Peaches Breadstick Milk</p>	<p>1 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Sub Sandwich on Bun Sliced Tomato-Lettuce Winter Blend Juice Milk</p>
<p>4 Labor Day</p>	<p>5 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla/Salsa Refried Bean Fiesta Bar Juice or Fruit Milk</p>	<p>6 Breakfast: UBR Fruit-Juice-Milk Lunch: Cheese Pizza Broccoli Salad Bar Baked Apple or Fruit Milk</p>	<p>7 Breakfast: Biscuit & Cheeses Fruit-Juice-Milk Lunch: Beef Stroganoff Green Beans-Salad Bar Fruit Cocktail or Fruit Bread Milk</p>	<p>8 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch Cheeseburger on Bun Sliced Tomato-Salad Bar French Fries Juice or Fruit Milk</p>
<p>11 Breakfast: Pancake Fruit-Juice-Milk Lunch: Chicken Nuggets Vegetable Salad Bar Orange Wedges or Fruit Bread Item Milk</p>	<p>12 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Soft Shells Refried Beans Fiesta Bar-Cheese-Salsa Juice or Fruit Milk</p>	<p>13 Breakfast: Yogurt & Cracker Fruit-Juice-Milk Lunch: Sausage Pizza Broccoli Salad Bar Pears or Fruit Milk</p>	<p>14 Breakfast: Ham & Cheese Croissant Fruit-Juice-Milk Lunch: Ham & Scalloped Potato Salad Bar Applesauce or Fresh Fruit Dinner Roll Milk</p>	<p>15 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Hot Dog on Bun Sliced Tomato Baked Beans-Salad Bar Juice or Fruit Cookie Milk</p>
<p>18 Breakfast: French Toast Fruit-Juice-Milk Lunch: Ham & Cheese on Bun Sliced Tomato & Salad Bar Winter Blend Apple or Fruit Milk</p>	<p>19 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Fiesta Bar-Cheese-Salsa Juice or Fruit Milk</p>	<p>20 Breakfast: Bagel Fruit-Juice-Milk Lunch: Stuffed Cheese Breadstick Sauce Broccoli & Salad Bar Jell-O with Pears Or Fruit Milk</p>	<p>21 Breakfast: English Muffin Fruit-Juice-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Peaches or Fruit Dinner Roll Milk</p>	<p>22 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: BBQ on Bun Carrots-Salad Bar Juice or Fruit Cookie Milk</p>
<p>25 Breakfast: Waffle Fruit-Juice-Milk Lunch: Chicken Nuggets Salad Bar Vegetable Orange Wedges or Fruit Dinner Roll Milk</p>	<p>26 Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla/Salsa Refried Beans Fiesta Bar Juice or Fruit Milk</p>	<p>27 Breakfast: English Muffin Fruit-Juice-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Fruit Cocktail or Fruit Milk</p>	<p>28 Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Spaghetti/Cheese Green Beans-Salad Bar Peaches or Fruit Breadstick Milk</p>	<p>29 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Ham & Cheese on Bun Potato Item Salad Bar Juice or Fruit Bread Item Milk</p>

News

RCSC will be implementing (CEP) for meals served on the National Lunch Program and School Breakfast Program for the 2023-2024 School Year.

All student enrolled at RCSC are eligible to receive a healthy breakfast and Lunch at school at **No charge** each day of the 2023-2024 school year. No further action is required of you.

Your child(red) will be able to participate in these meal program without having to pay a fee or submit an application.

Please note there will be no charging is allowed for Ala carte Milk(.60) or Ala carte food.

