





OCTOBER | 2017

Primary & Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast: French Toast Fruit & Milk Lunch: Corn Dog Baked Beans Roasted Carrots Applesauce Milk	3 Breakfast: Toast Fruit-Juice-Milk Lunch: Beef Tamales With Golden Corn Bread Corn Juice Milk	4 Breakfast: Yogurt & Graham Cracker Fruit-Milk Lunch: Sausage Pizza Broccoli-Cauliflower Three Berry Blend Milk	5 Breakfast: Cereal & Toast Fruit-Milk Lunch: Chicken Leg French Fries Baby Carrots Banana Diner Roll Milk	6 Breakfast: Breakfast Pizza Fresh Fruit-Juice-Milk Lunch: Chef Salad Grape Tomato and Cucumber Juice Breadstick-Cookie-Milk
9 Breakfast: Pancake Fruit & Milk Lunch: Grilled Chicken on Bun Sliced Tomato-Lettuce Baked Beans Peaches Milk	10 Breakfast: Toast Fruit-Juice-Milk Lunch: Nacho Naturals Salsa Sautéed Summer Squash Juice Milk	11 Breakfast: Cinnamon Roll Fruit-Milk Lunch: Stuffed Cheese Breadsticks With Sauce Broccoli & Cauliflower Baked Apples Milk	12 Breakfast: Cereal & Toast Lunch: Salisbury Steak Mashed Potatoes & Gravy Green Beans Fruit Cocktail Milk	13 Breakfast: Ham & Cheese Croissant Hashbrown-Fruit-Milk Lunch: B-B-Q Sandwich Orange Glazed Carrots Cucumber Slices Juice & Milk
16 Breakfast: Waffle Fruit & Milk Lunch: Chicken Nuggets Potato Broccoli Applesauce Cookie Milk	17 Breakfast: Toast Fruit-Juice-Milk Lunch: Beef Tacos (2) Shells Lettuce-Salsa-Cheese Refried Beans Juice Milk	18 Breakfast: Yogurt-Graham cracker Fruit-Milk Lunch: Cheese Pizza Carrot & Celery Jell-O with Fruit Milk	19 Breakfast: Cereal & Toast Fruit-Milk Lunch: Spaghetti Roast Summer Squash Pears Breadstick Milk	20 . Fall Break 
23 . Fall Break 	24 Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla Refried Beans-Salsa Fiesta Corn Juice Milk	25 Breakfast: Cinnamon Roll Fruit-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Pineapple Milk	26 Breakfast: Cereal & Toast Fruit-Milk Lunch: Chicken Noodles Mashed Potato Peas Peaches Dinner Roll	27 Breakfast: Breakfast Pizza Fresh Fruit-Juice Milk Lunch: Turkey & Cheese on Sub Bun Baby Carrots with Dip Celery Rice Krispie-Juice-Milk
30 Breakfast: Pancake Wrap Fruit & Milk Lunch: Cheeseburger/Bun Sliced Tomato/Cucumbers French Fries Orange Wedges	31			

News

Breakfast at School Helps keep kids healthy and gives them the energy they need to learn. Kids who eat a nutritious breakfast pay better attention in class, behave better, and perform better in the classroom and on standardized test. And studies show that kids who eat breakfast also tend to eat healthier throughout the day. Modern households are hectic place in the morning and kids might not be hungry yet by the time they rush out the door. And if they skip breakfast or just gulp down something quick and junky, they can't concentrate in school & their overall wellness suffers. We've got a solution Breakfast at School! The breakfasts we serve is always is convenient, free and healthy. Rensselaer Central Lunch Program is implementing USDA regulation for breakfast that will ensure our commitment to good nutrition that just keeps getting better.