



MARCH | 2023

Rensselaer Primary School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 Breakfast: Flapstick Fruit-Juice-Milk Lunch: Chicken Nuggets Glazed Carrots Pea Pear Graham Cracker Milk</p>	<p>28 Breakfast: Toast Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Cheese-Salsa Juice Milk</p>	<p>1 Breakfast: Donut Fruit-Juice-Milk Lunch: Fiesta Bit Pizza Broccoli Vegetable Jell-O with Fruit Milk</p>	<p>2 Breakfast: Muffin-Cheese stick Diced Potato-Juice-Milk Lunch: Spaghetti-Cheese Green Beans Pear & Peaches Breadstick Milk</p>	<p>3 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Fish Shape Potato Item Winter Blend Juice Cookie Milk</p>
<p>6 Breakfast: Pancake Fruit-Juice-Milk Lunch: Hot Dog on Bun Glazed Carrots Potato Item Applesauce Milk</p>	<p>7 Breakfast: Toast Fruit-Juice-Milk Lunch: Nacho Naturals Black Beans Lettuce-Salsa Juice Milk</p>	<p>8 Breakfast: Yogurt-Cracker Fruit-Juice-Milk Lunch: Sausage Pizza Broccoli Vegetable Pears Milk</p>	<p>9 Breakfast: Egg/Cheese Biscuit Diced Potato-Juice-Milk Lunch: Lasagna/Cheese Green Beans Peaches Garlic Bread Milk</p>	<p>10 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Mac & Cheese Peas Carrots Juice Cracker Milk</p>
<p>13 Breakfast: Waffle Fruit-Juice-Milk Lunch: Popcorn Chicken Green Beans Peaches Cookie Milk</p>	<p>14 Breakfast: Toast Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Refried Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p>15 Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Jell-O with Fruit Milk</p>	<p>16 Breakfast: UBR Fruit-Juice-Milk Lunch: Roast Turkey Mashed Potato & Gravy Peas & Carrots Fruit Salad Dinner Roll Milk</p>	<p>17 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Stuffed Cheese Sticks/Sauce Baby Carrots Cucumbers Juice Milk</p>
<p>20 Breakfast: French Toast Fruit-Juice-Milk Lunch: Ham & Cheese Sandwich Baby Carrots Vegetable Fruit Milk</p>	<p>21 Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla/Salsa Black Beans Beans Vegetable Juice Milk</p>	<p>22 Breakfast: Bagel Diced Potato-Juice-Milk Lunch: Chicken Noodles Mashed Potato Vegetable Fruit Dinner Roll Milk</p>	<p>23 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheese Pizza Broccoli Cauliflower Fruit Milk</p>	
<p>27 Spring Break </p>	<p>28 Spring Break </p>	<p>29 Spring Break </p>	<p>30 Spring Break </p>	<p>31 Spring Break </p>

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.

March is National Nutrition Month

Eat Right!