



MARCH | 2020

Rensselaer Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast: Waffle Juice Fresh Fruit Milk Lunch: Whoville Corn Dog Lorax Beans Moose Moss Carrot Goose Fruit Green Eggs Sherbet One-Fish-Two-Fish Goldfish Milk	3 Breakfast: Toast Juice Fruit Milk Lunch: Beef Tacos (2) Shells Lettuce-Cheese-Salsa Refried Beans Fruit Milk	4 Breakfast: Sausage Biscuit Fruit Juice Milk Lunch: Turkey & Cheese Sandwich Sliced Tomato-Lettuce Celery Jell-O with Fruit Cookie Milk	5 Breakfast: Breakfast Pizza Juice Fresh Fruit Milk Lunch: Ham Scalloped with Cheese Peas Peaches 1 Slice of Bread Milk	6 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Cheese Pizza Broccoli Cauliflower Juice Milk
9 Breakfast: Pancake Juice Fresh Fruit Milk Lunch: Sub Sandwich Carrots Celery Fruit Cocktail Frito Chips Milk	10 Breakfast: Toast Juice Fruit Milk Lunch: Nacho Naturals Refried Beans-Salsa Corn Juice Milk	11 Breakfast: Yogurt & Cracker Fruit Juice Milk Lunch: Sausage Pizza Broccoli Cauliflower Pears Milk	12 Breakfast: Ham & Cheese Croissant Fruit Juice Milk Lunch: Chicken Noodle Mashed Potato Green Beans Baked Apple Dinner Roll Milk	13 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Fish Shapes Winter Blend Cucumber Juice Teddy Grahams Milk
16 Breakfast: French Toast Juice Fresh Fruit Milk Lunch: Chef Salad Grape Tomato-Cucumber Orange Wedges Breadstick Milk	17 Breakfast: Toast Juice Fruit Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans-Salsa Vegetable Juice Milk	18 Breakfast: UBR Fresh Fruit Fruit Milk Lunch: Spaghetti-Cheese Green Beans Jell-O with Fruit Garlic Bread Milk	19 Breakfast: Cook's Choice Fruit Juice Milk Lunch: Hot Dog on Bun Vegetable Applesauce Milk	20 Spring Break
23 Spring Break	24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break
30 Breakfast: Pancake Wrap Juice Fresh Fruit Milk Lunch: Chicken Nuggets Winter Blend Peaches Soft Pretzel-Dip Milk	31 Breakfast: Toast Juice Fruit Milk Lunch: Quesadilla Salsa Refried Beans Vegetable Pineapple Milk	1 Breakfast: English Muffin Fresh Fruit Fruit Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Juice Milk	2 Breakfast: Cereal & Toast Fruit Fresh Fruit Milk Lunch: Chicken Noodles Mashed Potato California Blend Peaches Dinner Roll Milk	3 Breakfast: Breakfast Pizza Juice Fruit Milk Lunch: (2) Stuffed Breadsticks-Sauce Carrot Celery Juice Milk

News

**Why Start the Day
with a
Growling Stomach?
Come to School Breakfast
everyone
is welcome
and it's Free!**



**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 begun 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.**