



# FEBRUARY | 2023

## Rensselaer Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30</b> Breakfast: French Toast Fruit-Juice-Milk Lunch: Cheeseburger on Bun Lettuce-Sliced Tomato Normandy Blend Vegetables Pears Milk</p>	<p><b>31</b> Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Cheese-Salsa Juice Milk</p>	<p><b>1</b> Breakfast: Bagel Fruit-Juice -Milk Lunch: Pepperoni Pizza Broccoli Vegetable Applesauce Milk</p>	<p><b>2</b> Breakfast: Biscuit/Bacon Fruit-Juice-Milk Lunch: Meatloaf Mashed Potato &amp; Gravy Green Beans Fruit Cocktail Dinner Roll Milk</p>	<p><b>3</b> Breakfast: Cereal-Toast Fresh Fruit-Juice-Milk Lunch: Chicken Sandwich Lettuce-Sliced Tomato Glazed Carrots Juice Milk</p>
<p><b>6</b> Breakfast: Waffle Fruit-Juice-Milk Lunch: Vegetable Soup/Crackers Grilled Cheese Sandwich Carrots Orange Wedges Milk</p>	<p><b>7</b> Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Lettuce-Cheese-Salsa Refried Beans Juice Milk</p>	<p><b>8</b> Breakfast: English Muffin Fruit-Juice-Milk Lunch: (2) Stuffed Breadstick/Sauce Broccoli Cauliflower Jell-O with Fruit Milk</p>	<p><b>9</b> Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Chicken Noodles Mashed Potato California Blend Peaches Dinner Roll Milk</p>	<p><b>10</b> Breakfast: Cereal-Toast Fresh Fruit-Juice-Milk Lunch: Cheeseburger on Bun Lettuce-Sliced Tomato Winter Blend Juice Milk</p>
<p><b>13</b> Breakfast: Pancake Fruit-Juice-Milk Lunch: Chicken Leg Potato Item Capri Blend Pear Rice Krispie Milk</p>	<p><b>14</b> <b>Happy Valentine Day</b> Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla/Salsa Refried Beans Vegetable Medley Strawberry/Cake Milk</p>	<p><b>15</b> Breakfast: Bacon-Cheese Biscuit Fruit-Juice-Milk Lunch: Sausage Pizza Broccoli Vegetable Juice Milk</p>	<p><b>16</b> Breakfast: UBR Fruit-Juice-Milk Lunch: Lasagna Green Beans Applesauce Breadstick Milk</p>	<p><b>17</b> Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Hot Dog Baked Beans Carrots Juice Milk</p>
<p><b>20</b> Breakfast: French Toast Fruit-Juice-Milk Lunch: Chicken Sandwich Sliced Tomato-Lettuce Green Beans Applesauce Milk</p>	<p><b>21</b> Breakfast: Toast Fruit-Juice-Milk Lunch: Nacho Naturals Refried Beans Lettuce-Salsa Juice Milk</p>	<p><b>22</b> Breakfast: Bagel Fruit-Juice-Milk Cheese Pizza Broccoli Vegetable Baked Apples Milk</p>	<p><b>23</b> Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Ham &amp; Scalloped Potato Peas &amp; Carrots Peaches Dinner Roll Milk</p>	<p><b>24</b> Breakfast: Cereal &amp; Toast Fresh Fruit-Juice-Milk Lunch: (2) Stuffed Breadstick/Sauce Carrots Celery Juice Milk</p>
<p><b>27</b> Breakfast: Flapstick Fruit-Juice-Milk Lunch: Chicken Nuggets Glazed Carrots Peas Fruit Graham Cracker Milk</p>	<p><b>28</b> Breakfast: Toast Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Cheese-salsa Juice Milk</p>	<p><b>1</b> Breakfast: Donut Fruit-Juice-Milk Lunch: Fiesta Bit Pizza Broccoli Vegetable Jell-O with Fruit Milk</p>	<p><b>2</b> Breakfast: Muffin &amp; Cheesestick Fruit-Juice-Milk Lunch: Spaghetti/Cheese Green Beans Pears &amp; Peaches Breadstick Milk</p>	<p><b>3</b> Breakfast: Cereal &amp; Toast Fruit-Juice-Milk Lunch: Fish Shapes Potato Item Winter Blend Juice Cookie Milk</p>

### News



### Health Tips

**Apple: An Apple a Day keeps the doctor away? Although an apple has low vitamin C content, it has antioxidants & flavonoids which enhance the activity of Vitamin C there by helping your colon and heart.**

**Kiwi: Tiny but Mighty! It is good source of Potassium, magnesium, Vitamin E & Fiber. Its Vitamin C content is twice that of an Orange.**

**Early to bed, early to rise, is healthy and Wise**

**Breakfast is the most important Meal of the Day**

