

# NOVEMBER | 2019

## Primary & Van Elementary

Reminder PTO Fundraiser pick-up at RCPS  
November 20, 2019 from 4:00pm-6:00pm



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

28

Fall Break



29

Breakfast: Toast  
Juice-Fruit-Milk  
Lunch:  
Quesadilla  
Salsa-Refried Beans  
Corn  
Juice  
Milk

30

Breakfast: Sausage Biscuit  
Juice-Fruit-Milk  
Lunch:  
Cheese Pizza  
Broccoli  
Cauliflower  
Fruit Cocktail  
Milk

31

Breakfast: Breakfast Pizza  
Juice-Fruit-Milk  
Lunch:  
Bat Wing Chili  
Jack-O Lantern Corn Bread  
Goblin String Vegetables  
Vampire Juice  
Skeleton Dust Milk

1

Breakfast: Cereal & Toast  
Juice-Fruit-Milk  
Lunch:  
Ham with Scalloped Potato  
Winter Blend  
Baked Apples  
Dinner Roll  
Milk

4

Breakfast: Waffle  
Juice-Fruit-Milk  
Lunch:  
Chicken Drumstick  
Green Beans  
Glazed Carrots  
Peaches  
Milk

5

Breakfast: Toast  
Juice-Fruit-Milk  
Lunch:  
Beef Tacos(2) Soft Shells  
Refried Beans  
Lettuce-Cheese-Salsa  
Juice  
Milk

6

Breakfast: Breakfast Casserole  
Biscuit-Fruit-Milk  
Lunch:  
Sausage Pizza  
Broccoli  
Mixed Squash  
Jell-O with fruit  
Milk

7

Breakfast:  
Ham & Cheese Croissant  
Juice-Fruit-Milk  
Lunch:  
Chicken Noodles  
Mashed Potato-Peas  
Applesauce  
Dinner Roll Milk

8

Breakfast: Cereal & Toast  
Juice-Fruit-Milk  
Lunch:  
BBQ on Bun  
Baby Carrots  
Celery with Dips  
Juice  
Cookie Milk

11

Breakfast: Pancake  
Juice-Fruit-Milk  
Lunch:  
Chicken Nuggets  
Carrots  
Cucumber with Dip  
Pears  
Milk

12

Breakfast: Toast  
Juice-Fruit-Milk  
Lunch:  
Chicken Fajita (2) Shells  
Refried Beans  
Lettuce-Cheese-Salsa  
Juice  
Milk

13

Breakfast: Muffin  
Juice-Fruit-Milk  
Lunch:  
Stuffed Breadstick with Sauce  
Broccoli  
Vegetable  
Juice  
Milk

14

Breakfast: Breakfast Pizza  
Juice-Fruit-Milk  
Lunch:  
Lasagna  
Green Beans  
Carrots  
Peaches  
Milk

15

Breakfast: Cereal & Toast  
Juice-Fruit-Milk  
Lunch:  
Hot Ham & Cheese on Bun  
Winter Blend  
Potato Item  
Juice  
Milk

18

Breakfast: French Toast  
Juice-Fruit-Milk  
Lunch:  
Corn Dog  
Baked Beans  
Carrots  
Fruit Cocktail  
Milk

19

Breakfast: Toast  
Juice-Fruit-Milk  
Lunch:  
Quesadilla  
Salsa-Refried Beans  
Vegetable  
Fruit  
Milk

20

**Reminder PTO Fundraiser  
pick-up at RCPS  
November 20, 2019 from  
4:00pm-6:00pm**  
Breakfast: Biscuit-Cheese  
Juice-Fruit-Milk  
Lunch: Pepperoni Pizza  
Broccoli Vegetable  
Apple Milk

21

Breakfast: Yogurt & Cracker  
Juice-Fruit-Milk  
Lunch:  
Turkey & Dressing  
Mashed Potato & Gravy  
Pilgrim Peas  
Pumpkin Pie Fruit Salad  
Dinner Roll Milk

22

Breakfast: Cereal & Toast  
Juice-Fruit-Milk  
Lunch:  
Grilled Chicken on Bun  
Normandy Blend  
Carrots  
Juice  
Milk

25

Breakfast: Flapstick  
Juice-Fruit-Milk  
Lunch:  
Cheeseburger on Bun  
Vegetable  
Fruit  
Milk

26

Breakfast: Toast  
Juice-Fruit-Milk  
Lunch:  
Beef Tacos (2) Soft Shells  
Cheese-Salsa  
Vegetable  
Fruit  
Milk

27



28



29



### 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.

Thanksgiving thought:

Kind words can be short and easy to speak.  
But their Echoes are truly endless.

Happy Thanksgiving

