

OCTOBER | 2021

Primary & Van Elementary



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 Breakfast: French Toast Fruit-Fruit-Milk Lunch: Chicken Nugget Grape Tomato-Cucumber Tossed Salad Apple Milk</p>	<p>28 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Shells Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p>29 Breakfast: Bosco Cheese & Egg Sandwich Fruit-Fruit-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Pears Milk</p>	<p>30 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Winter Blend with Cheese Peaches Dinner Roll Milk</p>	<p>1 Breakfast: Cereal & Toast Fruit-Fruit-Milk Lunch: BBQ Chicken on Bun Baby Carrots California Blend Vegetable Juice Frito Corn Chips Milk</p>
<p>4 Breakfast: Pancake Fruit-Juice-Milk Lunch: Chicken Cordon Blue Sandwich Broccoli Cauliflower Applesauce Cookie Milk</p>	<p>5 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p>6 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: (2) Bosco Stuffed Cheese sticks Sauce Tossed Salad Grape Tomato-Cucumber Jell-O with Fruit Milk</p>	<p>7 Breakfast: English Muffin Juice-Fruit-Milk Lunch: Chicken Noodles Mashed Potato Green Beans Peaches Dinner Roll Milk</p>	<p>8 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Cheeseburger on Bun Carrots Peas Juice Milk</p>
<p>11 Breakfast: Waffle Juice-Fruit-Milk Lunch: Hot Dog on Bun Baked Beans Baby Carrots Grapes Milk</p>	<p>12 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Soft Shells Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p>13 Breakfast: Yogurt & Cracker Juice-Fruit-Milk Lunch: Cheese Pizza Broccoli Cauliflower Baked Apples Milk</p>	<p>14 Breakfast: Chicken Biscuit Juice-Fruit-Milk Lunch: Mostaccioli Corn Pears Breadstick Milk</p>	<p>15 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Ham & Cheese Sandwich Sliced Tomato-Lettuce Potato Juice Milk</p>
<p>18 Breakfast: Flapstick Juice-Fruit-Milk Lunch: Chicken Bites Potato Green Beans Fruit Cocktail Milk</p>	<p>19 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2) Soft Shells Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p>20 Breakfast: Blueberry Muffin Juice-Fruit-Milk Lunch: Sausage Pizza Broccoli Cauliflower Peaches Milk</p>	<p>21 Breakfast: Sausage & Cheese Croissant Juice-Fruit-Milk Lunch: Chili/Corn Bread Baby Carrots Winter Blend Juice Milk</p>	<p>22 Fall Break</p>
<p>IMPORTANT UPDATE FOR School Meals</p>  <p>FOOD SHORTAGES ARE HAPPENING NATIONWIDE. OUR SUPPLY OF DELICIOUS DELIVERABLE ITEMS, AND MANY MORE, ARE BEING DELIVERED LIKE MANY ACROSS THE COUNTRY. WE WILL DO OUR BEST TO BRING THE MOST DELICIOUS AND HEALTHY OPTIONS TO YOU. KEEP YOU INFORMED OF ANY CHANGES THAT MAY OCCUR. WE APPRECIATE YOUR PATIENCE AND UNDERSTANDING. WE LOOK FORWARD TO SERVING OUR STUDENTS THIS DELICIOUS AND TASTY SCHOOL YEAR.</p>	<p>26 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p>27 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Pizza Broccoli Cauliflower Jell-O with Fruit Milk</p>	<p>28 Breakfast: UBR Juice-Fruit-Milk Lunch: Meatloaf Mashed Potato & Gravy Normandy Blend Applesauce Dinner Roll Milk</p>	<p>29 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Mummy Footlong Dog Skeleton Beans Cemetery Carrots Boon-nana Treat Milk</p>

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 are always convenient, free and healthy. Rensselaer Central Lunch Program is implementing USDA regulation for breakfast that will ensure our commitment to good nutrition just keeps getting better.