## September 2019 Renaissance Valley Academy Middle School

6-8 Breakfast & Lunch Menu

		o-8 Breakiasi & Lunch Menu		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
	Breakfast	Breakfast	Breakfast	Breakfast
NO SCHOOL	RICE CHEX	TRIX CEREAL	CINNAMON TOAST CRUNCH	CHEERIOS
LABOR DAY	Cherry Breakfast Bar	Graham Crackers	Strawberry Square	Maple Breakfast Square
EABOR DAT	Blended Fruit Juice	Craisins	Peach Cup	Applesauce Cup
	Peach Cup	Strawberry-Kiwi Juice	Blended Fruit Juice	Grape Juice
	Milk	Milk	Milk	Milk
	Lunch	Lunch	Lunch	Lunch
	TURKEY & CHEESE SANDWICH ^	TURKEY BOLOGNA W/ WHOLE WHEAT BUN /	TURKEY HAM & CHEESE W/WHOLE WHEAT B	DELI SUB SANDWICH ^
	Italian Corn Salad	Baby Carrots	Baby Carrots	Fresh Chopped Romaine (IW)
	Fresh Banana*	Hummus Cup	Fresh Apple Slices	Fresh Cauliflower Florets (IW)
	Mustard	Mustard	Light Ranch Dressing	Diced Peaches
	Milk	Orange Juice	Mustard	Light French Dressing
		Milk	Sun Splash Veggie Juice	Mustard
			Milk	Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
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Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
FRUITY CHEERIOS	APPLE CINNAMON CHEERIOS	Animal Graham Crackers	COCOA PUFFS	CINNAMON CHEX
Maple Breakfast Square	Vanilla Breakfast Square	Craisins	Strawberry Square	Graham Crackers
Craisins	Peach Cup	Strawberry-Kiwi Juice	Applesauce Cup	Peach Cup
Orange Tangerine Juice	Blended Fruit Juice	Milk	Grape Juice	Orange-Tangerine Juice
Milk	Milk		Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
TURKEY BOLOGNA SANDWICHA	TURKEY HAM & CHEESE	DELI SUB SANDWICH ^	STRAWBERRY YOGURT	TURKEY & CHEESE SANDWICH ^
Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW)	SANDWICH ^ Italian Corn Salad	Baby Carrots Applesauce Cup	String Cheese Corn Muffin	Baby Carrots Fresh Pear*
Fresh Banana*	Pineapple Tidbits	Light Ranch Dressing	Fresh Orange*	Hummus Cup
Light Ranch Dressing	Mustard	Mustard	Tropical Veggie Juice	Mustard
Mustard	Milk	Sun Splash Veggie Juice	Milk	Milk
Milk	IVIIK	Milk	IVIIK	IVIIIK
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September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
GOLDEN GRAHAM CEREAL	RICE CHEX	TRIX CEREAL	CINNAMON TOAST CRUNCH	CHEERIOS
Vanilla Breakfast Squares	Cherry Breakfast Bar	Graham Crackers	Strawberry Square	Maple Breakfast Square
Craisins	Peach Cup	Craisins	Peach Cup	Applesauce Cup
Apple Juice	Blended Fruit Juice	Strawberry-Kiwi Juice	Blended Fruit Juice	Grape Juice
Milk	Milk	Milk	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
TURKEY & CHEESE SANDWICH ^	VANILLA YOGURT	TURKEY BOLOGNA W/ WHOLE WHEAT BUN /	TURKEY HAM & CHEESE W/WHOLE WHEAT B	DELI SUB SANDWICH ^
Italian Corn Salad	String Cheese	Baby Carrots	Baby Carrots	Fresh Chopped Romaine (IW)
Fresh Banana*	Cherry Loaf ^	Hummus Cup	Fresh Apple Slices	Fresh Cauliflower Florets (IW)
		Mustard	Light Ranch Dressing	Diced Peaches
Mustard				
Mustard Milk	Mixed Fruit Cup			
Mustard Milk	Mixed Fruit Cup Tropical Veggie Juice	Orange Juice	Mustard	Light French Dressing
	Mixed Fruit Cup		Mustard Sun Splash Veggie Juice	
Milk	Mixed Fruit Cup Tropical Veggie Juice Milk	Orange Juice Milk	Mustard Sun Splash Veggie Juice Milk	Light French Dressing Mustard
	Mixed Fruit Cup Tropical Veggie Juice Milk September 24, 2019	Orange Juice Milk September 25, 2019	Müstard Sun Splash Veggie Juice Milk September 26, 2019	Light French Dressing Mustard September 27, 2019
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast	Orange Juice Milk September 25, 2019 Breakfast	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast	Light French Dressing Mustard  September 27, 2019  Breakfast
Milk	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS	Orange Juice Milk  September 25, 2019  Breakfast FROSTED CORN FLAKES	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS	Light French Dressing Mustard  September 27, 2019  Breakfast CINNAMON CHEX
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast APPLE CINNAMON CHEERIOS Vanilla Breakfast Square	Orange Juice Milk September 25, 2019 Breakfast FROSTED CORN FLAKES Animal Graham Crackers	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup	Orange Juice Milk  September 25, 2019  Breakfast FROSTED CORN FLAKES Animal Graham Crackers Craisins	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers  Peach Cup
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice	Orange Juice Milk September 25, 2019 Breakfast FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup  Orange-Tangerine Juice
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS  Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Milk	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup  Orange-Tangerine Juice Milk
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch	Orange Juice Milk  September 25, 2019  Breakfast FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk Lunch	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers  Peach Cup  Orange-Tangerine Juice  Milk  Lunch
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX Graham Crackers Peach Cup Orange-Tangerine Juice Milk  Lunch TURKEY & CHEESE SANDWICH ^
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk Lunch DELI SUB SANDWICH ^ Baby Carrots	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers  Peach Cup  Orange-Tangerine Juice  Milk  Lunch  TURKEY & CHEESE SANDWICH ^  Baby Carrots
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad	Orange Juice Milk  September 25, 2019  Breakfast FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX Graham Crackers Peach Cup Orange-Tangerine Juice Milk  Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear*
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch  TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange*	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX Graham Crackers Peach Cup Orange-Tangerine Juice Milk  Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup
Milk September 23, 2019	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup Orange-Tangerine Juice Milk Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard
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Milk  September 23, 2019  NO SCHOOL  September 30, 2019  Breakfast  GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup Orange-Tangerine Juice Milk Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard
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Milk  September 23, 2019  NO SCHOOL  September 30, 2019  Breakfast GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Craisins Apple Juice	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup Orange-Tangerine Juice Milk Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard
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Milk  September 23, 2019  NO SCHOOL  September 30, 2019  Breakfast  GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Craisins Apple Juice Milk  Lunch TURKEY & CHEESE SANDWICH ^	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup Orange-Tangerine Juice Milk Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard
September 23, 2019  NO SCHOOL  September 30, 2019  Breakfast GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Craisins Apple Juice Milk  Lunch TURKEY & CHEESE SANDWICH ^	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup Orange-Tangerine Juice Milk Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard
September 23, 2019  NO SCHOOL  September 30, 2019  Breakfast  GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Craisins Apple Juice Milk  Lunch  TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Fresh Banana*	Mixed Fruit Cup Tropical Veggie Juice Milk  September 24, 2019  Breakfast  APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Peach Cup Blended Fruit Juice Milk  Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard	Orange Juice Milk  September 25, 2019  Breakfast  FROSTED CORN FLAKES Animal Graham Crackers Craisins Strawberry-Kiwi Juice Milk  Lunch  DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice	Mustard Sun Splash Veggie Juice Milk September 26, 2019 Breakfast COCOA PUFFS Strawberry Square Applesauce Cup Grape Juice Milk Lunch STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice	Light French Dressing Mustard  September 27, 2019  Breakfast  CINNAMON CHEX  Graham Crackers Peach Cup Orange-Tangerine Juice Milk Lunch  TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard

\*\* MENU SUBJECT TO CHANGE \*\*