


# Renaissance Valley Academy Middle School

## Breakfast & Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | | November 1, 2019 |
| | | | | **Breakfast**<br>CHEERIOS<br>Maple Breakfast Square<br>Grape Juice<br>Applesauce Cup<br>Milk<br>**Lunch**<br>DELI SUB SANDWICH ^<br>Fresh Chopped Romaine (IW)<br>Fresh Cauliflower Florets (IW)<br>Light French Dressing<br>Diced Peaches<br>Mustard<br>Milk |
| November 4, 2019 | November 5, 2019 | November 6, 2019 | November 7, 2019 | November 8, 2019 |
| **Breakfast**<br>FRUITY CHEERIOS<br>Maple Breakfast Square<br>Orange Tangerine Juice<br>Craisins<br>Milk<br>**Lunch**<br>TURKEY BOLOGNA SANDWICH^<br>Fresh Chopped Romaine (IW)<br>Fresh Broccoli Florets (IW)<br>Fresh Banana*<br>Light Ranch Dressing<br>Mustard<br>Milk | **Breakfast**<br>APPLE CINNAMON CHEERIOS<br>Vanilla Breakfast Square<br>Blended Fruit Juice<br>Peach Cup<br>Milk<br>**Lunch**<br>TURKEY HAM & CHEESE SANDWICH ^<br>Italian Corn Salad<br>Pineapple Tidbits<br>Mustard<br>Milk | **Breakfast**<br>FROSTED CORN FLAKES<br>Animal Graham Crackers<br>Strawberry-Kiwi Juice<br>Craisins<br>Milk<br>**Lunch**<br>DELI SUB SANDWICH ^<br>Sun Splash Veggie Juice<br>Baby Carrots<br>Light Ranch Dressing<br>Applesauce Cup<br>Mustard<br>Milk | **Breakfast**<br>COCOA PUFFS<br>Strawberry Square<br>Grape Juice<br>Applesauce Cup<br>Milk<br>**Lunch**<br>STRAWBERRY YOGURT<br>String Cheese<br>Tropical Veggie Juice<br>Fresh Orange*<br>Corn Muffin<br>Milk | **Breakfast**<br>CINNAMON CHEX<br>Graham Crackers<br>Orange-Tangerine Juice<br>Peach Cup<br>Milk<br>**Lunch**<br>TURKEY & CHEESE SANDWICH ^<br>Hummus Cup<br>Baby Carrots<br>Fresh Pear*<br>Mustard<br>Milk |
| November 11, 2019 | November 12, 2019 | November 13, 2019 | November 14, 2019 | November 15, 2019 |
| <br>veterans day<br>No School | | **Breakfast**<br>TRIX CEREAL<br>Graham Crackers<br>Strawberry-Kiwi Juice<br>Craisins<br>Milk<br>**Lunch**<br>TURKEY BOLOGNA<br>ON A WHOLE WHEAT BUN<br>Hummus Cup<br>Baby Carrots<br>Orange Juice<br>Mustard<br>Milk | **Breakfast**<br>CINNAMON TOAST CRUNCH<br>Strawberry Square<br>Blended Fruit Juice<br>SS Peach Cup<br>Milk<br>**Lunch**<br>TURKEY HAM & CHEESE<br>ON A WHOLE WHEAT BUN<br>Baby Carrots<br>Light Ranch Dressing<br>Sun Splash Veggie Juice<br>Fresh Apple Slices<br>Mustard<br>Milk | **Breakfast**<br>CHEERIOS<br>Maple Breakfast Square<br>Grape Juice<br>Applesauce Cup<br>Milk<br>**Lunch**<br>DELI SUB SANDWICH ^<br>Fresh Chopped Romaine (IW)<br>Fresh Cauliflower Florets (IW)<br>Light French Dressing<br>Diced Peaches<br>Mustard<br>Milk |
| November 18, 2019 | November 19, 2019 | November 20, 2019 | November 21, 2019 | November 22, 2019 |
| **Breakfast**<br>FRUITY CHEERIOS<br>Maple Breakfast Square<br>Orange Tangerine Juice<br>Craisins<br>Milk<br>**Lunch**<br>TURKEY BOLOGNA SANDWICH^<br>Fresh Chopped Romaine (IW)<br>Fresh Broccoli Florets (IW)<br>Light Ranch Dressing<br>Fresh Banana*<br>Mustard<br>Milk | **Breakfast**<br>APPLE CINNAMON CHEERIOS<br>Vanilla Breakfast Square<br>Blended Fruit Juice<br>Peach Cup<br>Milk<br>**Lunch**<br>TURKEY HAM & CHEESE SANDWICH ^<br>Italian Corn Salad<br>Pineapple Tidbits<br>Mustard<br>Milk | **Breakfast**<br>FROSTED CORN FLAKES<br>Animal Graham Crackers<br>Strawberry-Kiwi Juice<br>Craisins<br>Milk<br>**Lunch**<br>DELI SUB SANDWICH ^<br>Sun Splash Veggie Juice<br>Baby Carrots<br>Applesauce Cup<br>Light Ranch Dressing<br>Mustard<br>Milk | **Breakfast**<br>COCOA PUFFS<br>Strawberry Square<br>Grape Juice<br>Applesauce Cup<br>Milk<br>**Lunch**<br>STRAWBERRY YOGURT<br>String Cheese<br>Tropical Veggie Juice<br>Fresh Orange*<br>Corn Muffin<br>Milk | **Breakfast**<br>CINNAMON CHEX<br>Graham Crackers<br>Orange-Tangerine Juice<br>Peach Cup<br>Milk<br>**Lunch**<br>TURKEY & CHEESE SANDWICH ^<br>Hummus Cup<br>Baby Carrots<br>Fresh Pear*<br>Mustard<br>Milk |
| November 25, 2019 | November 26, 2019 | November 27, 2019 | November 28, 2019 | November 29, 2019 |
| thanksgiving | | | <br>Happy Thanksgiving | break |

*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK* *** MENU SUBJECT TO CHANGE ***

*^ Denotes item is whole-grain/whole wheat.*This menu is free of peanuts, tree nuts, fish, and shellfish.*

**** This institution is an equal opportunity provider.*