

DECEMBER | 2018

Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Chicken Nuggets Nacho Naturals California Blend-Salad Bar Pears & Fresh Fruit Cookie Milk</p>	<p>4 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals Hot Dog on Bun Salsa-Refried Beans Fiesta Bar-Juice & Fruit Milk</p>	 <p>5 Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza (2) Stuffed Breadstick Broccoli-Salad Bar Fruit Cocktail & Fruit Milk</p>	<p>6 Breakfast: Breakfast Pizza Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles- Pulled Pork BBQ on Bun Mashed Potato-Salad Bar Baked Apples & Fruit Dinner Roll Milk</p>	 <p>7 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Chili with Crackers Cook's Choice Carrot-Salad Bar-Corn Bread Juice & Fresh Fruit Milk</p>
<p>10 Breakfast: Pancakes Fruit-Fresh Fruit-Milk Lunch: Grilled Chicken on Bun Nacho Naturals Normandy Blend-Salad Bar Peaches & Fresh Fruit Milk</p>	<p>11 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Soft Shells Hot Dog on Bun Fiesta Bar-Cheese-Salsa Refried Beans Juice & Fruit Milk</p>	<p>12 Breakfast: Berry Bread Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza (2) Stuffed Breadstick Broccoli-Salad Bar Pears & Fresh Fruit Milk</p>	<p>13 Breakfast: Donut Fruit-Fresh Fruit-Milk Lunch: Roast Turkey Mashed Potatoes & Peas Fruit Salad (2) Slice of Bread Milk</p>	<p>14 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Hot Dog on Bun Cook's Choice Baked Beans-Salad Bar Juice & Fruit Frito Corn Chips Milk</p>
<p>17 Breakfast: French Toast Fruit-Fresh Fruit-Milk Lunch: Cheeseburger on Bun Nacho Naturals Carrots-Vegetable Fruit Cookie Milk</p>	<p>18 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Taco(2) Soft Shells Hot Dog on Bun Fiesta Bar-Cheese-Salsa Refried Beans-Vegetable Fruit Milk</p>	<p>19 Breakfast: Yogurt & Cracker Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Cook's Choice Broccoli-Vegetable Fruit Milk</p>	<p>20 Breakfast: Cook's Choice Fruit-Fresh Fruit-Milk Lunch: Ham with Scalloped Potato Cook's Choice Vegetable-Fruit Dinner Roll Ice Cream Milk</p>	<p>21 Holiday Break</p>
<p>24</p> 	<p>25</p> 	<p>26</p> 	<p>27</p> 	<p>28</p> 
<p>31</p> 		<p>2 Holiday Break</p>	<p>3 Breakfast: Muffin Fruit-Fruit-Milk Lunch: Chicken Noodles Mashed Potato Vegetable Dinner Roll Milk</p>	<p>4 Breakfast: Cereal-Toast Fruit-Fruit-Milk Lunch: Corn Dog Baked Beans-Vegetable Fruit-Milk</p>

News



As you head into the holiday season, also often called the season of giving, I encourage you to reflect upon the power that giving your time, your kindness, and your care can impact not only your community, but you own well-being. Wish you all much joy, good health and much laughter in 2019-may you not only be the giver of kindness but a recipient as well.

Over the last several school years, we've been putting in place a number of changes to make our meal even more nutritious for our customers.

Did you know:

All food sold at school (not just school meals)

Must meet criteria for

whole-grain content, calories,

sodium, fat (including saturated fat & trans fat), and total sugar.

