



SEPTEMBER | 2018

Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Please remember Student have a choice each day:</p> <ol style="list-style-type: none"> 1. Menu Item 2. Ham and or Cheese for Chef Salad 3. Cold Meat Sandwich 4. Second Hot Entree
<p>3</p> <p>Labor Day</p>	<p>4</p> <p>Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Refried Beans Fiesta Bar Pears & Fresh Fruit Milk Hot Dog on Bun</p>	<p>5</p> <p>Breakfast: Ham & Cheese Croissant Fruit-Fresh Fruit-Milk Lunch: Pizza Broccoli-Salad Bar Applesauce & Fresh fruit Milk Stuffed Breadstick/Sauce</p>	<p>6</p> <p>Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Peaches & Fresh Fruit Dinner Roll Milk Cook's Choice</p>	<p>7</p> <p>Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Footlong Dog on Bun Carrots-Salad Bar Apple & Juice Milk Chicken on Bun</p>
<p>10</p> <p>Breakfast: French Toast Blueberry-Fruit-Milk Lunch: Chicken Nugget Corn Salad Bar Fruit Cocktail & Fresh fruit 2 Slice of Bread Milk Nacho Naturals</p>	<p>11</p> <p>Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2 Soft Shell) Cheese-Fiesta Bar Refried Beans Juice & Fresh Fruit Milk Hot Dog on Bun</p>	<p>12</p> <p>Breakfast: Biscuit Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Broccoli Salad Bar Fresh Fruit & Pears Milk Stuffed Breadstick/Sauce</p>	<p>13</p> <p>Breakfast: Breakfast Pizza Fruit-Fresh Fruit-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Salad Bar Jell-O with Fruit & Fruit Dinner Roll Milk Cook's Choice</p>	<p>14</p> <p>Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: B-B-Q on Bun Celery Salad Bar Banana & Juice Milk Chicken on Bun</p>
<p>17</p> <p>Breakfast: Flapstick Blueberry-Fruit-Milk Lunch: Chicken on Bun Salad Bar Winter Blend Baked Apple & Fresh Fruit Milk Nacho Naturals</p>	<p>18</p> <p>Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2 Soft Shell) Fiesta Bar-Cheese Refried Beans Juice & Fresh fruit Milk Hot Dog on Bun</p>	<p>19</p> <p>Breakfast: Berry Bread Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Broccoli Salad Bar Pineapple & Fresh Fruit Milk Stuffed Breadstick/Sauce</p>	<p>20</p> <p>Breakfast: Yogurt & Crackers Fruit-Fresh Fruit-Milk Lunch: Baked Mostaccioli Green Beans & Salad Bar Peaches & Fresh Fruit Breadstick Milk Cook's Choice</p>	<p>21</p> <p>Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Turkey & Cheese Sub French Fries Salad Bar Juice & Fresh Fruit Milk B-B-Q on Bun</p>
<p>24</p> <p>Breakfast: Pancake Blueberry-Fruit Lunch: Ham & Cheese Bun Zucchini & Yellow Squash Salad Bar Orange Wedges & Fruit Cookie Milk Nacho Naturals</p>	<p>25</p> <p>Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Fajita (2 Soft Shell) Fiesta Bar Refried Beans Juice & Fruit Milk Hot Dog on Bun</p>	<p>26</p> <p>Breakfast: English Muffin Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Pears & Fresh Fruit Milk Stuffed Breadstick/Sauce</p>	<p>27</p> <p>Breakfast: Ham & Cheese Croissant Fruit-Fresh Fruit-Milk Lunch: Ham with Scalloped Potato Peas & Carrots or Salad Bar Strawberry Shortcake & Fresh Fruit Milk Cook's Choice</p>	<p>28</p> <p>Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Cheeseburger on Bun Salad Bar Baby Carrots Juice & Fresh fruit Milk B-B-Q on Bun</p>

News

Savor the Flavor of Eating Right
Encourage everyone to take time to appreciate the pleasures, great flavors, and social experiences food can add to our lives. It's easier than you think to make healthy eating a habit. Even small changes can make a big difference. Try incorporation at least six of the eight goals below into your diet:

- * **Make half you plate fruit & Vegetable.**
 - * **Make half the grains you eat whole grains.**
 - * **Switch to fat-free or Low -fat(1%) Milk**
 - * **Choose a variety of lean protein**
 - * **Compare sodium in foods.**
 - * **Drink water or herbal tea instead of sugary drinks.**
 - * **Eat Some Seafood.**
 - * **Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies and other dessert (often make with butter, margarine, or shortening). Too much pizza, fatty meats(such as sausage, bacon, ribs,) and ice cream can contribute to poorer health and weight gain.**
- Develop a mindful eating pattern that includes nutritious and flavorful foods**