



APRIL | 2018

Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast: Pancake Blueberry-Fruit-Milk Lunch: Cheeseburger on Bun French Fries-Vegetable Fruit Milk Or Nacho Naturals	3 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tamales Vegetable Fruit Milk Or Hot Dog	4 Breakfast: Ham & Cheese Croissant Fruit-Grapes-Milk Lunch: Pepperoni Pizza Broccoli-Salad Bar Juice - Fresh Fruit - Milk Or Stuffed Breadstick	5 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Spaghetti Green Beans-Salad Bar Fruit - Fresh Fruit Breadstick Milk Or Cold Meat Sandwich	6 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: Turkey & Cheese on Bun Baby Carrots-Celery Salad Bar Cookie Juice - Fresh Fruit Or Fish Sandwich - Milk
9 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Corn Dog Broccoli Salad Bar cookie Pears -Fruit Milk Or Nacho Naturals	10 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Fajita-2 Soft Shells Fiesta Bar-Cheese-Salsa Refried Bean-Juice - Fruit Milk Or Hot Dog	11 Breakfast: Ham & Cheese Muffin Fruit-Fresh Fruit-Milk Lunch: Pizza Grape Tomato/Salad Bar Peaches - Fresh Fruit Milk Or Stuffed Breadstick	12 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Chicken Noodles Mashed Potato-Salad Bar Applesauce - Fruit Dinner Roll Milk Or Cold Meat Sandwich	13 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: Sub Sandwich Carrots-Salad Bar Juice or Fruit Milk Or Grilled Chicken on Bun
16 Breakfast: French Toast Blueberry-Fresh Fruit-Milk Lunch: Chicken Nuggets Broccoli-Salad Bar Fruit Cocktail & Fresh Fruit Frito Corn Chips Milk Or Nacho Naturals	17 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos-2 Soft Shells Fiesta Bar-Cheese-Salsa Refried Bean Juice & Fresh Fruit Milk Or Hot Dog	18 Breakfast: Ham & Cheese Croissant Fruit-Grapes-Milk Lunch: Sausage Pizza Salad Bar-Vegetable Baked Apples & Fresh Fruit Milk Or Stuffed Breadsticks	19 Breakfast: Cereal-Toast Juice-Fruit-Milk Lunch: Ham & Scalloped Potato Salad Bar Jell-O with Fruit & Fruit Dinner Roll Milk Or Cold Meat Sandwich	20 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: B-B-Q Chicken on Bun Carrots-Salad Bar Juice & Fresh Fruit Cookie Milk Or Fish Sandwich
23 Breakfast: Flap Stick Fruit-Fresh Fruit-Milk Lunch: Hot Dog Carrots-Salad Bar Fruit & Fresh Fruit Rice Krispie Milk Or Nacho Naturals	24 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Tacos-2 Soft Shells Fiesta Bar-Cheese-Salsa Refried Beans Juice & Fruit Milk Or Hot Dog	25 Breakfast: Ultimate Breakfast-Biscuit Casserole-Fresh Fruit-Milk Lunch: Cheese Pizza Broccoli-Salad Bar Fruit & Fresh Fruit Milk Or Stuffed Breadsticks	26 Breakfast: Toast Juice-Fruit-Milk Lunch: Salisbury Steak Mashed Potato-Vegetable Fresh Fruit & Fruit Dinner Roll Milk Or Cold Meat Sandwich	27 Breakfast: Ham & Cheese Croissant Hash brown Fruit-Milk Lunch: Turkey & Cheese on Bun Vegetable-Salad Bar Juice & Fruit Cookie Milk Or Grilled Chicken on Bun
30 Breakfast: Pancake Blueberry-Fresh Fruit-Milk Lunch: Ham & Cheese on Bun Vegetable-Salad Bar Fruit & Fresh Fruit Milk Or Nacho Naturals				

News

Take a Stand The Big Number

<<5>>

For every 30 minutes of sitting, you should get up & move around for five minutes to reduce the risk of sitting too long.

Eat Better

Try lots of different fruits, veggies & whole grains for healthy diet.



Get Straight A's with a healthy Breakfast

Join us for School Breakfast
The proven benefit of breakfast for you includes:

- >Better overall nutrition & healthy body weight.
- >Fewer absences & reduced tardiness
- >Higher scores on achievement test.