



# SEPTEMBER | 2017

## Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Breakfast: Cereal & Cracker Juice-Fruit-Milk Lunch: Turkey and Cheese on Bun <i>Or Grilled Chicken Sandwich</i> Salad Bar & Baked Beans Juice & Fresh Fruit Goldfish Crackers Milk
<b>4</b>  Labor Day  No School	<b>5</b> Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Burritos or <i>Hot Dog on Bun</i> Refried Beans & Fiesta Bar Juice & Fresh Fruit Milk	<b>6</b> Breakfast: Graham Cracker & Yogurt Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza or <i>Stuffed Breadsticks</i> Peas & Salad Bar Pears & Fresh Fruit Milk	<b>7</b> Breakfast: English Muffin Fruit-Fresh Fruit-Milk Lunch: Salisbury Steak With Roll <i>Or Pork Fritter on Bun</i> Mashed Potatoes & Gravy Salad bar Fruit Cocktail & Fruit Milk	<b>8</b> Breakfast: Cereal & Cracker Juice-Fruit-Milk Lunch: B-B-Q Sandwich <i>Or Grilled Chicken Sandwich</i> Broccoli & Salad Bar Juice & Fresh Fruit Cookie Milk
<b>11</b> Breakfast: Pancakes Blueberries-Fruit-Milk Lunch: Chicken Nuggets or <i>Nacho Naturals</i> Carrots & Salad bar Applesauce & Fresh Fruit Slice of Bread Milk	<b>12</b> Breakfast: English Muffin Juice-Fruit-Milk Lunch: Quesadillas <i>Hot Dog on Bun</i> Refried Bread-Salsa- Fiesta Bar Juice- Fresh Fruit Milk	<b>13</b> Breakfast: Cinnamon Roll Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza or <i>Stuffed Breadsticks</i> Broccoli & Salad Bar Jell-O with Fruit & Fresh Fruit Milk	<b>14</b> Breakfast: Breakfast Pizza Fruit-Fresh fruit-Milk Lunch: Spaghetti/Cheese/Breadstick <i>Or Pulled Pork on Bun</i> Green Beans & Salad Bar Peaches & Fresh fruit Milk	<b>15</b> Breakfast: Cereal & Cracker Juice-Fruit-Milk Lunch: Ham & Cheese Sub <i>Or Grilled Chicken Sandwich</i> Tator Tots & Salad Bar Juice & Fresh Fruit Cookie Milk
<b>18</b> Breakfast: Pancake Wrap Fruit -Fresh Fruit-Milk Lunch: Chef Salad or <i>Nacho Naturals</i> Salad Bar-Winter Blend Baked Apple & Fresh Fruit Breadstick Milk	<b>19</b> Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos with Shells Salsa-Cheese-Fiesta Bar <i>Or Hot Dog on Bun</i> Refried Beans Juice & Fresh fruit Milk	<b>20</b> Breakfast: Frudel Fruit-Fresh Fruit- Milk Lunch: Homemade Pizza or <i>Stuffed Breadsticks</i> Broccoli & Salad Bar Pineapple & Fresh Fruit Milk	<b>21</b> Breakfast: Ham & Cheese Omelet with Biscuit Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles/Roll <i>Or Pork Fritter on Bun</i> Mashed Potato & Salad Bar Fruit Cocktail & Fresh Fruit Milk	<b>22</b> Breakfast: Cereal & Cracker Juice-Fruit-Milk Lunch: Corn Dog <i>Or Grilled Chicken Sandwich</i> Baby Carrot & Salad Bar Juice & Fresh Fruit Cookie Milk
<b>25</b> Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Sub Sandwich or <i>Nacho Naturals</i> Salad Bar Peaches & Fresh Fruit Rice Krispie Milk	<b>26</b> Breakfast: English Muffin Juice-Fruit-Milk Lunch: Chicken Fajita with Shells <i>Or Hot Dog on Bun</i> Refried Beans Salad Bar Juice & Fresh fruit Milk	<b>27</b> Breakfast: Cereal & Cracker Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza or <i>Stuffed Breadsticks</i> Broccoli & Salad Bar Jell-O with Fruit & Fruit Milk	<b>28</b> Breakfast: Blueberry Muffin Fruit-Fresh Fruit-Milk Lunch: Beef Strongoff/Roll <i>Or Pulled Pork on Bun</i> Green Beans & Salad Bar Grapes Bunch & Fruit Milk	<b>29</b> Breakfast: Ham & Cheese Croissant Juice-Melon-Milk Lunch: Cheeseburger on Bun <i>Or Grilled Chicken Sandwich</i> French Fries & Salad Bar Juice & Fresh Fruit Milk

### News