



# AUGUST | 2017

## Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>31</b> Registration K-12 High School Cafeteria 4:00pm-7:00pm</p> <p>-Receive computer-I Pad at HS Library -Optional Help Sessions at HS Library</p>	<p><b>1</b> .Registration K-12 High School Cafeteria 4:00pm-6:00pm</p> <p>-Receive computer-I Pad at HS Library -Optional Help Sessions at HS Library</p>	<p><b>2</b> .Registration K-12 High School Cafeteria 4:00pm-6:00pm</p> <p>-Receive computer-I Pad at HS Library -Optional Help Sessions at HS Library</p>	<p><b>3</b> .Registration K-12 High School Cafeteria 4:00pm-6:00pm</p> <p>-Receive computer-I Pad at HS Library -Optional Help Sessions at HS Library</p>	<p><b>4</b> .</p>
<p><b>7</b> .</p>	<p><b>8</b> .</p>	<p><b>9</b> .</p>	<p><b>10</b> Breakfast: Poptart Fruit &amp; Milk Lunch: Sub Sandwich or <b>Pork Fritter on Bun</b> Baby Carrots &amp; Celery Orange Wedges &amp; Fruit Milk</p>	<p><b>11</b> Breakfast: Cereal &amp; Cracker Juice-Fruit-Milk Lunch: Hot Dog on Bun or <b>Grilled Chicken Sandwich</b> Baked Beans Tator Tots Fruit &amp; Fresh Fruit Milk</p>
<p><b>14</b> Breakfast: Pancake Wrap Fruit-Milk Lunch: Chicken Strips or <b>Chili Cheese Nachos</b> Broccoli Salad Bar Peaches &amp; Fresh Fruit 1 Slice of Bread Milk</p>	<p><b>15</b> Breakfast: Biscuit &amp; Gravy Juice-Fruit-Milk Lunch: Beef Tacos with Shells or <b>Hot Dog</b> Fiesta Bar-Salsa-Cheese Refried Beans Juice &amp; Fresh Fruit Milk</p>	<p><b>16</b> Breakfast: Cinnamon Roll Fruit-Milk Lunch: Homemade Pizza or <b>Stuffed Breadsticks</b> Carrots-Salad Bar Fresh Fruit &amp; Fruit Milk</p>	<p><b>17</b> Breakfast: Breakfast Pizza Fruit Milk Lunch: Chicken Noodles or <b>Pulled Pork Sandwich</b> Mashed Potato Salad Bar Grapes &amp; Fruit Dinner Roll Milk</p>	<p><b>18</b> Breakfast: Cereal &amp; Cracker Juice-Fruit-Milk Lunch: Cheeseburger on Bun or <b>Grilled Chicken Sandwich</b> Peas Salad Bar Juice &amp; Fresh Fruit Milk</p>
<p><b>21</b> Breakfast: Waffle Fruit-Milk Lunch: Chef Salad e or <b>Chili Cheese Nachos</b> Salad Bar &amp; Capri Veg Applesauce &amp; Fresh fruit Breadstick Milk</p>	<p><b>22</b> Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos with Shell Or <b>Hot Dog</b> Fiesta Bars-Salsa-Cheese Refried Beans Juice &amp; Fresh Fruit Milk</p>	<p><b>23</b> Breakfast: Ham &amp; Cheese Croissant Fruit-Milk Lunch: Sausage Pizza or <b>Stuffed Breadsticks</b> Broccoli-Salad Bar Pears &amp; Fresh Fruit Milk</p>	<p><b>24</b> Breakfast: Wild Berry Bread Fruit-Milk Lunch: Lasagna <b>Pork Fritter on Bun</b> Green Beans &amp; Salad Bar Pineapple &amp; Fresh Fruit Slice of Garlic Bread Milk</p>	<p><b>25</b> Breakfast: Cereal &amp; Cracker Juice-Fruit-Milk Lunch: Ham &amp; Cheese Sandwich or <b>Grilled Chicken Sandwich</b> Tator Tots Salad Bar Juice &amp; Fresh fruit Milk</p>
<p><b>28</b> Breakfast: French Toast Fruit-Milk Lunch: Sub Sandwich or <b>Chili Cheese Nachos</b> Salad Bar Broccoli Apple Crisp &amp; Fresh fruit Milk</p>	<p><b>29</b> Breakfast: English Muffin Juice-Fruit-Milk Lunch: Quesadillas With Salsa Or <b>Hot Dog</b> Carrot &amp; Fiesta Bar Juice &amp; Fresh Fruit Milk</p>	<p><b>30</b> Breakfast: Egg/Cheese Biscuit Fruit-Milk Lunch: Homemade Pizza or <b>Stuffed Breadsticks</b> Green Beans - Salad Bar Orange Wedges &amp; Fruit Milk</p>	<p><b>31</b> Breakfast: Donut Fruit-Milk Lunch: Ham With Scalloped Potato or <b>Pulled Pork Sandwich</b> Salad Bar-Normandy Blend Peaches &amp; Fresh Fruit Dinner Roll Milk</p>	<p>Breakfast: Cereal &amp; Cracker Juice-Fruit-Milk Lunch: Turkey &amp; Cheese Sandwich Or <b>Grilled Chicken Sandwich</b> Baked Beans Salad Bar Juice &amp; Fresh fruit Goldfish Crackers Milk</p>

### News

## Welcome Back Students and Staff

### What makes a "Meal Deal"?



Eat Smart! Make choices from all five food groups daily!

Students are **REQUIRED** to choose 3 of the 5 components with at least 1 fruit or vegetable to make a lunch.