

OCTOBER | 2022

Rensselaer High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

News

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| <p>3 Breakfast: Pancake Juice-Fruit-Milk Lunch: Breaded Chicken on Bun Salad Bar Peas and Carrots Apple & Fruit Milk</p> | <p>4 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Soft Shells Fiesta Bar-Salsa-Cheese Refried Beans Juice & Fresh Fruit Milk</p> | <p>5 Breakfast: UBR Juice-Fruit-Milk Lunch: (2) Stuffed Breadstick/Sauce Broccoli Salad Bar Jell-O with Fruit & Fruit Milk</p> | <p>6 Breakfast: English Muffin Juice-Fruit-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Salad Bar Cup of Cheese Peaches & Fresh Fruit Dinner 2 Slices of Bread Milk</p> | <p>7 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Sub Sandwich Winter Blend Salad Bar Juice & Fruit Cookie Milk</p> |
| <p>10 Breakfast: Waffle Juice-Fruit-Milk Lunch: Chicken Nuggets Broccoli Salad Bar Applesauce & Fresh Fruit Goldfish Cracker Milk</p> | <p>11 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals Refried Beans Fiesta Bar-Salsa Juice & Fruit Milk</p> | <p>12 Breakfast: Bagel Juice-Fruit-Milk Lunch: Cheese Pizza Carrots Salad Bar Pears & Fresh Fruit Milk</p> | <p>13 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Fruit Cocktail & Fruit Dinner Roll Milk</p> | <p>14 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: BBQ Sandwich Salad Bar Vegetable Juice & Fruit Frito Chips Milk</p> |
| <p>17 Breakfast: French Toast Juice-Fruit-Milk Lunch: Cheeseburger on Bun Salad Bar Potato Item Baked Apples & Fresh Fruit Cookie Milk</p> | <p>18 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2) Soft Shells Fiesta-Salsa-Cheese Refried Beans Juice & Fruit Milk</p> | <p>19 Breakfast: Biscuit-Jelly Juice-Fruit-Milk Lunch: Sausage Pizza Broccoli & Salad Bar Jell-O with Fruit & Fruit Milk</p> | <p>20 Breakfast: UBR Juice-Fruit-Milk Lunch: Spaghetti Salad Bar-Green Beans Peaches & Fresh Fruit Breadstick Milk</p> | <p>21 Fall Break </p> |
| <p>24 Fall Break </p> | <p>25 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Refried Beans-Salsa Corn Juice & Fruit Milk</p> | <p>26 Breakfast: Yogurt-Cracker Juice-Fruit-Milk Lunch: Pepperoni Pizza Broccoli & Fiesta Bar Apple & Fruit Milk</p> | <p>27 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Ham & Scalloped Potato Salad Bar-Peas & Carrots Peaches & Fruit 2 Slice of Bread Milk</p> | <p>28 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: BBQ Rib on Bun Salad Bar Vegetable Juice & Fruit Milk</p> |
| <p>31 Breakfast: Pancake Juice-Fruit-Milk Lunch: Mummy Burger Skeleton Tots Cemetery Carrots Boo-Fruity Treat Milk</p> | <p>1 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tamale/Corn Bread Refried Beans Fiesta Bar Juice & Fruit Milk</p> | <p>2 Breakfast: Muffin Juice-Fruit-Milk Lunch: Pizza Broccoli Salad Bar Applesauce & Fruit Milk</p> | <p>3 Breakfast: Cinnamon Roll Juice-Fruit-Milk Lunch: Lasagna Salad Bar-Green Beans Pears & Fruit Breadstick Milk</p> | <p>4 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Ham & Cheese Sandwich Tomato Soup/Cracker Salad Bar Juice & Fruit Cookie Milk</p> |

Breakfast at School Helps keep kids healthy and gives them the energy they need to learn. Kids who eat a nutritious breakfast pay better attention in class, behave better, and perform better in the classroom and on standardized test. And studies show that kids who eat breakfast also tend to eat healthier throughout the day. Modern households are hectic place in the morning and kids might not be hungry yet by the time they rush out the door. And if they skip breakfast or just gulp down something quick and junky, they can't concentrate in school & their overall wellness suffers.

We've got a solution Breakfast at School! The breakfasts we serve is always is convenient, free and healthy. Rensselaer Central Lunch Program is implementing USDA regulation for breakfast that will ensure our commitment to good nutrition that just keeps getting better.