

OCTOBER | 2021

Rensselaer High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27 Breakfast: French Toast Fruit-Fruit-Milk Lunch: Chicken Nugget or Chef Salad Grape Tomato-Cucumber Tossed Salad Apple & Fruit Milk</p>	<p>28 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Shells Or Chef Salad Beans Lettuce-Salsa-Cheese-Tomato Juice & Fruit Milk</p>	<p>29 Breakfast: Bosco Cheese & Egg Sandwich Fruit-Fruit-Milk Lunch: Pepperoni Pizza or Chef Salad Broccoli Cauliflower Pears & Fruit Milk</p>	<p>30 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Salisbury Steak-Cheese Or Chef Salad Mashed Potato & Gravy Winter Blend with Cheese Peaches & Fruit Dinner Roll Milk</p>	<p>1 Breakfast: Cereal & Toast Fruit-Fruit-Milk Lunch: BBQ Chicken on Bun Or Chef Salad Baby Carrots California Blend Vegetable Juice & Fruit Frito Corn Chip Milk</p>
<p>4 Breakfast: Pancake Fruit-Juice-Milk Lunch: Chicken Cordon Blue Sandwich Or Chef Salad Broccoli & Cauliflower Applesauce & Fruit Cookie Milk</p>	<p>5 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals Or Chef Salad Beans Lettuce-Salsa-Cheese-Tomato Juice & Fruit Milk</p>	<p>6 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: (2) Bosco Stuffed Breadsticks Sauce or Chef Salad Tossed Salad Grape Tomato-Cucumber Jell-O with Fruit & Fruit Milk</p>	<p>7 Breakfast: English Muffin Juice-Fruit-Milk Lunch: Chicken Noodles or Chef Salad Mashed Potato Green Beans Peaches & Fruit Dinner Roll Milk</p>	<p>8 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Cheeseburger on Bun Or Chef Salad Carrots-Peas Juice & Fruit Goldfish Cracker Milk</p>
<p>11 Breakfast: Waffle Juice-Fruit-Milk Lunch: Hot Dog on Bun Or Chef Salad Baked Beans Baby Carrots Peaches & Fruit Milk</p>	<p>12 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos or Chef Salad (2) Soft Shells Beans Lettuce-Salsa-Cheese-Tomato Juice & Fruit Milk</p>	<p>13 Breakfast: Yogurt & Cracker Juice-Fruit-Milk Lunch: Cheese Pizza Or Chef Salad Broccoli-Cauliflower Baked Apples & Fruit Milk</p>	<p>14 Breakfast: Chicken Biscuit Juice-Fruit-Milk Lunch: Mostaccioli/Cheese Or Chef Salad Corn-Pears Peaches & Fruit Breadstick Milk</p>	<p>15 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Ham & Cheese Sandwich Sliced Tomato-Lettuce Or Chef Salad Potato Fruit-Juice Rice Krispie Milk</p>
<p>18 Breakfast: Flapstick Juice-Fruit-Milk Lunch: Chicken Nuggets Or Chef Salad Potato-Green Beans Fruit Cocktail & Fruit Dinner Roll Milk</p>	<p>19 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2) Soft Shells Or Chef Salad Beans Lettuce-Salsa-Cheese-Tomato Juice & Fruit Milk</p>	<p>20 Breakfast: Blueberry Muffin Juice-Fruit-Milk Lunch: Sausage Pizza Or Chef Salad Broccoli-Cauliflower Peaches & Fruit Milk</p>	<p>21 Breakfast: Sausage & Cheese Croissant Juice-Fruit-Milk Lunch: Chili/Corn Bread/Cheese Or Chef Salad Baby Carrots-Winter Blend Frito-Corn Chips Juice & Fruit Milk</p>	<p>22 Fall Break</p>
<p>IMPORTANT UPDATE FOR School Meals</p>  <p>FOOD SHORTAGES ARE HAPPENING NATIONWIDE. DELIVERIES LIKE MANY ACROSS THE COUNTRY, WE WILL DO OUR BEST TO MEET THE DEMAND BUT HEALTHY MEALS ARE SUBJECT TO CHANGE. WE WILL KEEP YOU INFORMED OF ANY CHANGES THAT MAY OCCUR. WE APPRECIATE YOUR PATIENCE AND UNDERSTANDING. WE WILL CONTINUE TO STRIVE FOR THE BEST MEALS FOR OUR STUDENTS.</p>	<p>26 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Beans Lettuce-Salsa-Tomato Juice & Fruit Milk</p>	<p>27 Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Pizza Or Chef Salad Broccoli-Cauliflower Jell-O with Fruit & Fruit Milk</p>	<p>28 Breakfast: UBR Juice-Fruit-Milk Lunch: Meatloaf Mashed Potato & Gravy Or Chef Salad Normandy Blend Applesauce & Fruit Dinner Roll Milk</p>	<p>29 Breakfast: Cereal & Toast Juice-Fruit-Milk Lunch: Mummy Footlong Dog Skeleton Beans Cemetery Carrots Boon-nana & Fruit Treat 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 are
always convenient, free
and healthy. Rensselaer
Central Lunch Program is
implementing USDA
regulation for breakfast
that will ensure our
commitment to good
nutrition just keeps getting
better.**