

SEPTEMBER | 2020



Rensselaer High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 Breakfast: Crunch Bar Fruit Cocktail-Orange Juice-Milk Lunch: Turkey & Cheese on Bun Carrots Peas Peaches Milk</p>	<p>1 Breakfast: Toast Peaches-Apple Juice-Milk Lunch: Burrito Refried Beans Vegetable Juice Milk</p>	<p>2 Breakfast: Banana Muffin Applesauce-Orange Juice-Milk Lunch: Stuffed Breadsticks-Sauce Broccoli Cauliflower Fruit Cocktail Milk</p>	<p>3 Breakfast: Pancakes Blueberries-Apple Juice-Milk Lunch: Ham With Scalloped Potato Green Beans Baked Apples Dinner Roll Milk</p>	<p>4 Breakfast: Cereal & Toast Pears-Orange Juice-Milk Lunch: Corn Dog Baked Beans Carrots Juice Milk</p>
<p>7 Labor Day</p>	<p>8 Breakfast: Toast Fruit Cocktail-Apple Juice-Milk Lunch: Quesadilla Refried Beans-Salsa Vegetable Juice Milk</p>	<p>9 Breakfast: Apple Muffin Pears-Orange Juice-Milk Lunch: Sausage Pizza Broccoli Cauliflower Peaches Milk</p>	<p>10 Breakfast: Breakfast Pizza Grapes-Apple Juice-Milk Lunch: Spaghetti Green Beans Jell-O with Fruit Breadstick Milk</p>	<p>11 Breakfast: Cereal & Toast Orange Juice-Fruit -Milk Lunch: Ham & Cheese on Bun Carrots Vegetable Pears Milk</p>
<p>14 Breakfast: Mini Waffle Blueberries-Orange Juice-Milk Lunch: Chicken Nuggets Scandinavian Blend Vegetable Sweet Potato Fries Pears Dinner Roll Milk</p>	<p>15 Breakfast: Toast Orange Wedges-Apple Juice Milk Lunch: Nacho Naturals Refried Beans-Salsa Vegetable Juice Milk</p>	<p>16 Breakfast: UBR Pears-Orange Juice-Milk Lunch: Stuffed Breadsticks Sauce Broccoli-Cauliflower Fruit Cocktail Milk</p>	<p>17 Breakfast: Ham & Cheese Croissant Banana-Apple Juice-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Green Beans Peaches 2 Slices of Bread Milk</p>	<p>18 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Grilled Chicken on Bun Carrots-Peas Juice Cookie Milk</p>
<p>21 Breakfast: French Toast Blueberries-Apple Juice-Milk Lunch: Turkey & Cheese on Bun Carrots Celery Pears Frito Corn Chips Milk</p>	<p>22 Breakfast: Toast Apple-Orange Juice-Milk Lunch: Beef Tacos (2) Soft Shells Lettuce-Salsa-Cheese Refried Beans Juice Milk</p>	<p>23 Breakfast: English Muffin Peaches-Apple Juice-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Apple Milk</p>	<p>24 Breakfast: Sausage Biscuit Fruit Cocktail-Orange Juice-Milk Lunch: Chicken Noodles Mashed Potato Sicilian Blend Vegetable Dinner Roll Peaches Milk</p>	<p>25 Breakfast: Cereal & Toast Orange Juice-Fruit -Milk Lunch: Cheeseburger on Bun Sliced Tomato-Lettuce Baked Beans Juice Milk</p>
<p>28 Breakfast: Pancake Wrap Pears-Apple Juice-Milk Lunch: Chicken Nuggets Carrot - Peas Orange Wedges -Wrapped Fruit 2 Slice of Bread Milk</p>	<p>29 Breakfast: Toast Applesauce- Lunch: Orange Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Lettuce-salsa-Cheese Refried Beans-Vegetable Wrapped Fruit Juice Milk</p>	<p>30 Breakfast: Banana Muffin Peaches-Apple Juice-Milk Lunch: Cheese Pizza Broccoli Cauliflower Wrapped Fruit Jell-O Fruit Milk</p>	<p>1 Breakfast: Ham & Cheese Croissant Grapes-Orange Juice-Milk Lunch: Ham Scalloped Potato Normandy Blend Peaches Wrapped Fruit Dinner Roll Milk</p>	<p>2 Breakfast: Cereal & Toast Juice-Fruit -Milk Lunch: Sub Sandwich/Sliced Tomato lettuce-Celery-Cucumber Wrapped Fruit Juice Goldfish Cracker Milk</p>

News

What's Cooking?

At school, there's always a meal ready to be served!

Some mornings, it's tough to find the time to make sure your kids are eating a nutritious breakfast. On those days, why not send them to the school Breakfast Program?

Each meal meets government nutritional guidelines & standards. Schools are required to provide a breakfast meal that includes fruit, whole-grain rich items, & low fat or fat free milk. Check your child's menu to see the variety of nutritious choices available at school Breakfast.