

NOVEMBER | 2020



Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Breakfast: Breakfast Pizza Raisins-Juice-Milk Lunch: Cheeseburger on Bun Sliced Tomato-Lettuce Green Beans Peaches Milk</p>	<p>3 Breakfast: Toast Pear-Fruit-Milk Lunch: Beef with Spanish Rice Refried Beans Vegetable Juice Milk</p>	<p>4 Breakfast: Pancake Blueberries-Juice-Milk Lunch: Calzone Broccoli Cauliflower Strawberry Milk</p>	<p>5 Breakfast: English Muffin Orange Wedges-Fruit-Milk Lunch: Chicken Noodles Mashed Potato Vegetable Fruit Cocktail Dinner Roll Milk</p>	<p>6 Breakfast: Cereal & Cracker Applesauce-Juice-Milk Lunch: Nacho Naturals Carrot Cumber Fruit Cookie Milk</p>
<p>9 Breakfast: Ham & Cheese Croissant Fruit-Juice-Milk Lunch: BBQ Sandwich Potato Item Carrots Fruit Frito Corn Chips Milk</p>	<p>10 Breakfast: Toast Peaches-Fruit-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Cheese-Salsa Juice Milk</p>	<p>11 Breakfast: Waffle Blueberries-Juice-Milk Lunch: Cheese Pizza Broccoli Mixed Squash Applesauce Milk</p>	<p>12 Breakfast: Yogurt-Cracker Banana-Juice-Milk Lunch: Spaghetti Tossed Salad Cucumber-Dressing Peaches Breadstick Milk</p>	<p>13 Breakfast: Cereal & Cracker Pears-Fruit-Milk Lunch: Chicken Nuggets Sweet Potato Tots Vegetable Fruit Goldfish Cracker Milk</p>
<p>16 Breakfast: Cracker-Cheesestick Fruit Cocktail-Juice-Milk Lunch: Chicken Malibu on Bun Sliced Tomato-Lettuce Vegetable Fruit Milk</p>	<p>17 Breakfast: Toast Applesauce-Fruit-Milk Lunch: Beef Tacos (2) Soft Shells Refried Beans Lettuce-Cheese-Salsa Juice Milk</p>	<p>18 Breakfast: French Toast Pears-Juice-Milk Lunch: Sausage Pizza Broccoli Cauliflower Fruit Milk</p>	<p>19 Breakfast: UBR Fruit-Juice-Milk Lunch: Turkey Roast & Dressing Mashed Potato with Gravy Pilgrim Peas Pumpkin Pie Fruit Cup Dinner Roll Milk</p>	<p>20 Breakfast: Cereal & Cracker Peaches-Fruit-Milk Lunch: Hot Dog on Bun Baked Beans Carrots Fruit Rice Krispie Milk</p>
<p>23 Breakfast: Cook's Choice Fruit-Juice-Milk Lunch: Meatloaf Mashed Potato & Gravy Vegetable Fruit Bread Item Milk</p>	<p>24 Breakfast: Toast Fruit-Milk Lunch: Quesadilla Refried Beans Vegetable-Cheese-Salsa Fruit Milk</p>	<p>25 Thanksgiving Break</p>	<p>26 </p>	<p>27 Thanksgiving Break</p>
<p>30 Breakfast: Crunch Bar Fruit-Juice-Milk Lunch: Chicken Nuggets Broccoli Cauliflower Fruit Cracker Milk</p>	<p>1 Breakfast: Toast Pears-Fruit-Milk Lunch: Nacho Naturals Refried Beans Vegetable Fruit Milk</p>	<p>2 Breakfast: Flapstick Blueberries-Juice-Milk Lunch: Stuffed Breadsticks/Sauce Carrots-California Blend Jell-O with Fruit Milk</p>	<p>3 Breakfast: Breakfast Pizza Apple-Juice-Milk Lunch: Ham with Scalloped Potato Green Beans Pears Dinner Roll Milk</p>	<p>4 Breakfast: Cereal & Cracker Applesauce-Fruit-Milk Lunch: Chili with Corn Bead Carrots Celery Dip Fruit Cookie Milk</p>

News

**Start
YOUR DAY THE
RIGHT WAY
WITH SCHOOL
BREAKFAST!**

**SCHOOL BREAKFAST
WILL GIVE YOU
MORE ENERGY, KEEP
YOUR BODY
HEALTHY AND HELP
IMPROVE YOU
GRADES!**