

APRIL | 2021

Rensselaer High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 Breakfast: Pancake Fruit-Fruit-Milk Lunch: Grilled Chicken on Bun Carrots Vegetable Applesauce & Fruit Milk</p>	<p>30 Breakfast: Cereal & Toast Fruit-Fruit-Milk Lunch: Chicken Fajita (2) Soft Shells Refried Beans-Salsa Vegetable Jell-O with Fruit & Fruit Milk</p>	<p>31 Breakfast: Chicken Biscuit Fruit-Fruit-Milk Lunch: Cheese Pizza Broccoli Cauliflower Apple & Fruit Cookie Milk</p>	<p>1 Breakfast: English Muffin Fruit-Fruit-Milk Lunch: Mostaccioli/Cheese Green Beans Peaches & Fruit Breadstick Milk</p>	<p>2 No School</p>
<p>5 Snow Make-Up Day</p>	<p>6 Breakfast: Toast Fruit-Fruit-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans-Vegetable Salas-Cheese-Lettuce Pears & Fruit Milk</p>	<p>7 Breakfast: Cheese stick & Cracker Fruit-Fruit-Milk Lunch: (2) Stuffed Breadsticks/Sauce Broccoli Cauliflower Juice & Fruit Milk</p>	<p>8 Breakfast: Breakfast Pizza Fruit-Fruit-Milk Lunch: Chicken Noodles Mashed Potato Vegetable Peaches & Fruit Dinner Roll Milk</p>	<p>9 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: BBQ on Bun California Blend Vegetable Juice & Fruit Cookie Milk</p>
<p>12 Breakfast: Waffle Fruit-Fruit-Milk Lunch: Grilled Chicken on Bun Carrot-Celery Fruit Cocktail & Fruit Rice Krispie Milk</p>	<p>13 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Soft Shells Refried Beans-Vegetable Salas-Cheese-Lettuce Juice & Fruit Milk</p>	<p>14 Breakfast: Chicken on Biscuit Fruit-Fruit-Milk Lunch: Sausage Pizza Broccoli Cauliflower Jell-O with Fruit & Fruit Milk</p>	<p>15 Breakfast: UBR Fruit-Fruit-Milk Lunch: Roast Turkey Mashed Potato & Gravy Vegetable Applesauce & Fruit Dinner Roll Milk</p>	<p>16 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheeseburger on Bun Sliced Tomato-Lettuce Green Beans Juice & Fruit Cookie Milk</p>
<p>19 Breakfast: French Toast Fruit-Fruit-Milk Lunch: Sub Sandwich Sliced Tomato-Lettuce Carrots-Veetable Pears & Fruit Cookie Milk</p>	<p>20 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Bans-Vegetable Salsa-Cheese-Cheese Juice & Fruit Milk</p>	<p>21 Breakfast: Cheese Stick & Cracker Fruit-Fruit-Milk Lunch: (2) Stuffed Breadsticks/Sauce Broccoli Cauliflower & Fruit Applesauce Milk</p>	<p>28 Breakfast: Breakfast Pizza Fruit-Fruit-Milk Lunch: Salisbury Steak/Cup of Cheese Mashed Potato & Gravy Green Beans Peaches & Fruit Dinner Roll Milk</p>	<p>23 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Grilled Chicken on Bun Carrot-Celery Cucumber Juice & Fruit Frito Corn Chips Milk</p>
<p>26 Breakfast: Flapstick Fruit-Fruit-Milk Lunch: Chicken Nuggets Carrots Vegetable Fruit Cocktail & Fruit Dinner Roll Milk</p>	<p>27 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Soft Shells Refried Beans-Vegetable Salsa-Cheese-Lettuce Juice & Fruit Milk</p>	<p>28 Breakfast: Chicken on Biscuit Fruit-Fruit-Milk Lunch: Cheese Pizza Broccoli Vegetable Jell-O with Fruit & Fruit Milk</p>	<p>29 Breakfast: UBR Fruit-Fruit-Milk Lunch: Shrimp/Cheese Baked Potato Winter Blend Pears & Fruit Breadstick Milk</p>	<p>30 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Turkey & Cheese on Bun Sliced Tomato-Lettuce Green Beans-Vegetable Juice & Fruit Cookie Milk</p>

News

Take a Stand The Big Number

<<5>>

For every 30 minutes of sitting, you should get up & move around for five minutes to reduce the risk of sitting too long.

Eat Better

Try lots of different fruits, veggies & whole grains for healthy diet.



**Get Straight A's with a healthy Breakfast
Join us for School Breakfast**

The proven benefit of breakfast for you includes:
>Better overall nutrition & healthy body weight.
>Fewer absences & reduced tardiness
>Higher scores on achievement test.