



# FEBRUARY | 2023

## Rensselaer High School

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| <p><b>30</b> Breakfast: French Toast<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Cheeseburger on Bun<br/>Salad Bar-Sliced Tomato<br/>Normandy Blend Vegetables<br/>Pear &amp; Fresh Fruit<br/>Milk</p>                         | <p><b>31</b> Breakfast: Toast<br/>Fresh Fruit-Juice-Milk<br/>Lunch:<br/>Chicken Tacos (2) Soft Shells<br/>Refried Beans<br/>Fiesta Bar-Cheese-Salsa<br/>Roasted Corn Melody<br/>Juice &amp; Fruit Milk</p> | <p><b>1</b> Breakfast: Bagel<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Pepperoni Pizza<br/>Broccoli-Cauliflower<br/>Salad Bar<br/>Applesauce &amp; Fruit<br/>Milk</p>                               | <p><b>2</b> Breakfast: Biscuit/Bacon<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Salisbury Steak -Cheese<br/>Mashed Potato &amp; Gravy<br/>Riviera Blend/Salad Bar<br/>Fruit Cocktail &amp; Fruit<br/>Dinner Roll Milk</p> | <p><b>3</b> Breakfast: Cereal-Toast<br/>Fresh Fruit-Juice-Milk<br/>Lunch:<br/>Chicken Sandwich<br/>Salad Bar-Sliced Tomato<br/>Glazed Carrots-Winter Blend<br/>Juice &amp; Fruit<br/>Milk</p>          |
| <p><b>6</b> Breakfast: Waffle<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Vegetable Soup/Crackers<br/>Grilled Ham &amp; Cheese Sandwich<br/>Winter Blend/Salad Bar<br/>Orange Wedges &amp; Fruit<br/>Goldfish Cracker Milk</p> | <p><b>7</b> Breakfast: Toast<br/>Fresh Fruit-Juice-Milk<br/>Lunch:<br/>Beef Tacos (2) Soft Shells<br/>Fiesta Bar-Cheese-Salsa<br/>Refried Beans-Spanish Rice<br/>Juice &amp; Fruit<br/>Milk</p>            | <p><b>8</b> Breakfast: English Muffin<br/>Fruit-Juice-Milk<br/>Lunch:<br/>(2) Stuffed Breadstick/Sauce<br/>Broccoli -Cauliflower<br/>Salad Bar<br/>Jell-O with Fruit &amp; Fruit<br/>Milk</p> | <p><b>9</b> Breakfast: Breakfast Pizza<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Chicken Noodles<br/>Mashed Potato-Capri Vegetables<br/>Salad Bar<br/>Peaches &amp; Fruit<br/>Dinner Roll Milk</p>                       | <p><b>10</b> Breakfast: Cereal-Toast<br/>Fresh Fruit-Juice-Milk<br/>Lunch:<br/>Cheeseburger on Bun<br/>Salad Bar-Sliced Tomato<br/>Winter Blend<br/>Juice &amp; Fruit<br/>Cookie Milk</p>              |
| <p><b>13</b> Breakfast: Pancake<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Chicken Nuggets<br/>Potato Item-Mixed Vegetable<br/>Salad Bar<br/>Pear &amp; Fruit<br/>Rice Krispie Milk</p>                                       | <p><b>14</b> <b>Happy Valentine Day</b><br/>Breakfast: Toast<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Quesadilla/Salsa<br/>Black Bean Salad<br/>Corn Melody/Fiesta Bar<br/>Strawberry/Cake<br/>Milk</p>         | <p><b>15</b> Breakfast:<br/>Bacon-Cheese Biscuit<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Sausage Pizza<br/>Broccoli-Cauliflower<br/>Salad Bar<br/>Juice &amp; Fruit Milk</p>                      | <p><b>16</b> Breakfast: UBR<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Lasagna<br/>Green Beans-Vegetable<br/>Salad Bar<br/>Applesauce &amp; Fruit<br/>Breadstick Milk</p>   | <p><b>17</b> Breakfast: Cereal &amp; Toast<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Chicken Noodle Soup-Cracker<br/>Grilled Cheese Sandwich<br/>Baby Carrots-Capri Blend<br/>Juice &amp; Fruit<br/>Milk</p> |
| <p><b>20</b> Breakfast: French Toast<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Pulled Pork Sandwich<br/>Baked Beans-Winter Blend<br/>Salad Bar<br/>Applesauce &amp; Fresh Fruit<br/>Milk</p>                                 | <p><b>21</b> Breakfast: Toast<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Nacho Naturals<br/>Refried Beans<br/>Fiesta Bar-Salsa<br/>Spanish Rice<br/>Juice &amp; Fruit Milk</p>                                    | <p><b>22</b> Breakfast: Bagel<br/>Fruit-Juice-Milk<br/>Cheese Pizza<br/>Broccoli-Cauliflower<br/>Salad Bar<br/>Baked Apples<br/>&amp; Fruit<br/>Milk</p>                                      | <p><b>23</b> Breakfast: Breakfast Pizza<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Ham &amp; Scalloped Potato<br/>Peas &amp; Carrots-Green Beans<br/>Salad Bar<br/>Peaches &amp; Fruit<br/>2 Slices of Bread Milk</p>     | <p><b>24</b> Breakfast: Cereal &amp; Toast<br/>Fresh Fruit-Juice-Milk<br/>Lunch:<br/>(2) Stuffed Breadstick/Sauce<br/>Carrots/Celery-Vegetable<br/>Salad Bar<br/>Juice &amp; Fruit<br/>Cookie Milk</p> |
| <p><b>27</b> Breakfast: Flapstick<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Chicken Nuggets<br/>Glazed Carrots-Normandy Blend<br/>Salad Bar<br/>Fruit Cocktail &amp; Fruit<br/>Graham Cracker<br/>Milk</p>                   | <p><b>28</b> Breakfast: Toast<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Chicken Tacos (2) Soft Shells<br/>Refried Beans<br/>Fiesta-Cheese-Salsa<br/>Corn Melody<br/>Juice &amp; Fruit Milk</p>                   | <p><b>1</b> Breakfast: Donut<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Pepperoni Pizza<br/>Broccoli-Cauliflower<br/>Salad Bar<br/>Jell-O with Fruit &amp; Fruit<br/>Milk</p>                        | <p><b>2</b> Breakfast: Muffin &amp; Cheesestick<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Spaghetti/Cheese<br/>Green Beans-Capri Blend<br/>Salad Bar<br/>Pears &amp; Peaches &amp; Fruit<br/>Breadstick Milk</p>         | <p><b>3</b> Breakfast: Cereal &amp; Toast<br/>Fruit-Juice-Milk<br/>Lunch:<br/>Fish-Cheese Sandwich<br/>Potato Item-Peas<br/>Salad Bar<br/>Juice &amp; Fruit<br/>Cookie Milk</p>                        |

### News



### Health Tips

**Apple: An Apple a Day keeps the doctor away? Although an apple has low vitamin C content, it has antioxidants & flavonoids which enhance the activity of Vitamin C there by helping your colon and heart.**

**Kiwi: Tiny but Mighty! It is good source of Potassium, magnesium, Vitamin E & Fiber. Its Vitamin C content is twice that of an Orange.**

**Early to bed, early to rise, is healthy and Wise**

**Breakfast is the most important Meal of the Day**

