



This Institution is an equal opportunity provider.

# DECEMBER | 2023

Menu subject to change.

## Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> Breakfast: French Toast Fruit-Juice-Milk Lunch: Chicken Nuggets Broccoli Salad Bar Fruit & Fruit Choice Goldfish Cracker Milk	<b>28</b> Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla/Salsa Refried Beans Fiesta Bar Baked Apples & Fruit Milk	<b>29</b> Breakfast: English Muffin Fruit-Juice-Milk Lunch: (2) Stuffed Breadsticks With Sauce California Blend-Salad Bar Juice & Fresh Fruit Milk	<b>30</b> Breakfast: Muffin Fruit-Juice-Milk Lunch: Ham & Scalloped Potato Carrots-Salad Bar Jell-O with Fruit & Fruit Dinner Roll Milk	<b>1</b> Breakfast: Cereal & Toast Fruit-Juice Milk Lunch: Chicken Sandwich Baby Carrots Salad Bar Juice & Fruit Cookie Milk
<b>4</b> Breakfast: Waffle Fruit-Juice-Milk Lunch: Hot Dog on Bun Baked Beans Salad Bar Baby Carrots Apple & Fruit Milk	<b>5</b> Breakfast: Toast Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Fiesta Bar-Cheese-Salsa Refried Beans Juice & Fruit Milk	<b>6</b> Breakfast: Yogurt & Cracker Fruit-Juice-Milk Lunch: Sausage Pizza Broccoli Salad Bar Orange Wedges & Fruit Milk	<b>7</b> Breakfast: Biscuit/Cheese Fruit-Juice-Milk Lunch: Chicken Noodles Mashed Potato Peas & Carrots-Salad Bar Peaches & Fresh Fruit Dinner Roll Milk	<b>8</b> Breakfast: Cereal & Toast Fruit-Juice Milk Lunch: Hot Ham & Cheese Sandwich Sliced Tomato Salad Bar Winter Blend Juice & Fruit Milk
<b>11</b> Breakfast: Pancake Fruit-Juice-Milk Lunch: Chicken Nugget Glazed Carrots-Salad Bar Applesauce & Fresh Fruit 2 Sliced of Bread Milk	<b>12</b> Breakfast: Toast Fruit-Juice-Milk Lunch: Nacho Naturals/Chips Refried Beans/Salsa Fiesta Bar Juice & Fruit Milk	<b>13</b> Breakfast: Bagel Fruit-Juice-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Pears & Fruit Milk	<b>14</b> Breakfast: UBR Fruit-Juice-Milk Lunch: Roast Turkey Mashed Potato Green Beans Fruit Cup Dinner Roll Milk	<b>15</b> Breakfast: Cereal & Toast Fruit-Juice Milk Lunch: BBQ Sandwich Baby Carrots Salad Bar Juice & Fruit Milk
<b>18</b> Breakfast: Cereal/Cracker Fruit-Juice-Milk Lunch: Cheese Pizza Cook's Choice Vegetable Choice of Fruit Milk	<b>19</b> Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla-Salsa Refried Beans Cook's Choice Vegetable Apples or Fruit Choice Milk	<b>20</b> <i>Wake up to School Breakfast a healthy school breakfast is the perfect way for your child to start their day. Students who eat school breakfast attend, on aver 1.5 more days of school per year and score 17.5% higher on standardized math test.</i>	<b>21</b> 	<b>22</b>
<b>23</b> 	<b>26</b>	<b>27</b> 	<b>28</b>	<b>29</b> 

### News



Wishing you the happiest of holidays and a wonderful New Year in 2024

“No matter how different a Who may appear, he will always be welcomed with holiday cheer.”

