



JANUARY | 2025

Rensselaer High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>31</p>	<p>1</p> <p>A HAPPY NEW YEAR</p>	<p>2</p>	<p>3</p>
<p>6</p> <p>Breakfast: French Toast Fruit-Juice-Milk Lunch: Corn Dog Baked Beans Potato Item Applesauce or Fresh Fruit Milk</p>	<p>7</p> <p>Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla-Salsa Refried Beans Vegetable Pears or Fresh Fruit Milk</p>	<p>8</p> <p>Breakfast: English Muffin Fruit-Juice-Milk Lunch: (2) Stuffed Breadstick/Sauce Broccoli Salad Bar Juice or Fresh Fruit Milk</p>	<p>9</p> <p>Breakfast: Yogurt/Cracker Fruit-Juice-Milk Lunch: Spaghetti-Cheese Green Beans or Salad Bar Peaches or Fresh Fruit Breadstick Milk</p>	<p>10</p> <p>Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Tomato Soup-Cup is Cheese Grilled Cheese Sandwich Baby Carrots Celery Dip-Salad Bar Crackers Juice or Fresh Fruit Milk</p>
<p>13</p> <p>Breakfast: Pancake Fruit-Juice-Milk Lunch: Chicken Nuggets Glazed Carrots Salad Bar Orange Wedges or Fruit Cookie Milk</p>	<p>14</p> <p>Breakfast: Toast Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Refried Beans Fiesta Bar-Cheese-Salsa Juice or Fresh Fruit Milk</p>	<p>15</p> <p>Breakfast: UBR Juice-Fruit-Milk Lunch: Cheese Pizza Broccoli Salad Bar Pears or Fresh Fruit Milk</p>	<p>16</p> <p>Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Jell-O with Fruit or Fresh Fruit Dinner Roll Milk</p>	<p>17</p> <p>Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Chili with Cheese Corn Bread Baby Carrots Salad Bar Juice or Fresh Fruit Milk</p>
<p>20</p> <p>Weather Make-up Day</p>	<p>21</p> <p>Breakfast: Toast Fruit-Juice-Milk Lunch: Chicken Fajita (2) Soft Shells Fiesta Bar-Cheese-Salsa Refried Beans Juice or Fresh Fruit Milk</p>	<p>22</p> <p>Breakfast: Bagel Juice-Fruit-Milk Lunch: Sausage Pizza Broccoli-Salad Bar Jell-O with Fruit or Fresh Fruit Milk</p>	<p>23</p> <p>Breakfast: Ham-Cheese Biscuit Juice-Fruit-Milk Lunch: Ham & Scalloped Potato Salad Bar Peaches or Fresh Fruit 2 Slices of Bread Milk</p>	<p>24</p> <p>Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: BBQ on Bun Sweet Potato Fries Salad Bar Cookie Juice or Fresh Fruit Milk</p>
<p>27</p> <p>Breakfast: Waffle Juice-Fruit-Milk Lunch: Ham & Cheese on Bun Potato Item Salad Bar-Sliced Tomato Baked Apples or Fresh Fruit Milk</p>	<p>28</p> <p>Breakfast: Toast Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Salsa-Fiesta Salad Juice or Fresh Fruit Milk</p>	<p>29</p> <p>Breakfast: Breakfast Pizza Juice-Fruit-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Peaches or Fresh Fruit Milk</p>	<p>30</p> <p>Breakfast: Bagel Juice-Fruit-Milk Lunch: Beef Stroganoff Salad Bar Green Beans Fruit Cocktail or Fresh Fruit Dinner Roll Milk</p>	<p>31</p> <p>Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Chicken Noodle Soup-Cracker Grilled Cheese Baby Carrots-Salad Bar Juice or Fresh Fruit Milk</p>

News

**Start the Year Right!
Make giving your kids a
healthy Breakfast every
day one of your New
Year's resolutions.**

**If you're short on time
in the morning or your
kids aren't hungry when
they wake up,
Send them to school for
breakfast. Healthy food
choices are available
every morning in the
cafeteria for all
students/ we cannot
wait to see them there!
Help your kids to make
this semester a
success. Encourage
them to eat Breakfast!!**

