MARCH | 2020

Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast: Waffle Juice - Blueberries Milk Lunch: Corn Dog Baked Beans Salad Bar Cookie Fruit & Fresh Fruit Milk Or Nacho Naturals	3 Breakfast: Toast Juice Fruit Milk Lunch: Beef Tacos (2) Shells Fiesta Bar-Cheese-Salsa Refried Beans Fruit & Fresh Fruit Milk Or Hot Dog	4 Breakfast: Sausage Biscuit Fruit Juice Milk Lunch: Turkey & Cheese Sandwich Sliced Tomato-Lettuce Salad Bar California Blend Jell-O with Fruit & Fruit Milk Or (2) Stuffed Breadstick	5 Breakfast: Breakfast Pizza Juice Fresh Fruit Milk Lunch: Ham -Scalloped with Cheese Peas & Salad Bar Peaches & Fruit 2 Slice of Bread Milk Or Pulled Pork Sandwich	6 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Cheese Pizza Broccoli Salad Bar Juice & Strawberries Milk Or Cooks Choice
9 Breakfast: Pancake Juice Blueberries Milk Lunch: Sub Sandwich Carrots Salad Bar Fruit Cocktail & Fresh Fruit Frito Chips Milk Or Nacho Naturals	10 Breakfast: Toast Juice Fruit Milk Lunch: Nacho Supreme Refried Beans-Salsa Corn & Salad Bar Juice & Fruit Milk Or Hot Dog	11 Breakfast: Yogurt & Cracker Fruit Juice Milk Lunch: Sausage Pizza Broccoli Salad Bar Pears & Fresh fruit Milk Or (2) Stuffed Breadstick	12 Breakfast: Ham & Cheese Croissant Fruit Juice Milk Lunch: Chicken Noodle Mashed Potato-Green Beans Salad Bar-Baked Apple & Fresh Fruit Dinner Roll Milk Or Pulled Pork Sandwich	13 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Fish Sandwich Winter Blend Salad Bar Juice & Fruit Cookie Milk Or Cooks Choice
16 Breakfast: French Toast Juice Fresh Fruit Milk Lunch: Ham & Cheese Sandwich & Salad Bar Strawberries & Fruit Cake Milk Or Nacho Naturals	17 Breakfast: Toast Juice Fruit Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans-Salsa Salsa-Cheese Fiesta Bar Juice & Strawberries Milk Or Hot Dog	18 Breakfast: UBR Fresh Fruit Fruit Milk Lunch: Spaghetti-Cheese Corn & Salad Bar Jell-O with Fruit & Fruit Garlic Bread Milk Or (2) Stuffed Breadstick	19 Breakfast: Cook's Choice Fruit Juice Milk Lunch: Hot Dog on Bun Potato Item & Salad Bar Applesauce & Fruit Milk Or Cooks Choice	20 *Spring Break*
23 *Spring Break*	24 *Spring Break*	25 *Spring Break*	26 *Spring Break*	27 *Spring Break*
30 Breakfast: Pancake Wrap Juice Fresh Fruit Milk Lunch: Chicken Nuggets Winter Blend Peaches & Fruit Soft Pretzel-Dip Milk Or Nacho Naturals	31 Breakfast: Toast Juice Fruit Milk Lunch: Quesadilla Salsa Refried Beans Vegetable Pineapple & Fruit Milk Or Hot Dog	1 Breakfast: English Muffin Fresh Fruit Fruit Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Juice &Fruit Milk Or (2) Stuffed Breadstick	2 Breakfast: Breakfast Pizza Fruit Fresh Fruit Milk Lunch: Chicken Noodles Mashed Potato California Blend & Salad Bar Pears & Fresh Fruit Dinner Roll Milk Or Cold Meat Sandwich	3 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: (2) Stuffed Breadsticks-Sauce Normandy Blend Salad Bar Juice & Strawberries Milk Or Cooks Choice

News

Why Start the Day with a Growling Stomach? Come to School Breakfast everyone is welcome and it's Free!

Put Your Best Fork Forward

March is National Nutrition Month & It's a great time to remember that eating right doesn't have to be complicated-simply begun to shift to healthier food & beverage choice. These recommendation from the dietary Guideline for American can help get you started >Emphasize fruit, vegetables, whole grains & low-fat or fat-free Milk & milk products.

>Include lean meats, poultry, fish beans, eggs & nuts.

>Make sure you diet is low in saturated fats, Trans fats, salt, & added sugars.

This Institution is an equal opportunity provider.