



JANUARY | 2018

Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Winter Break	2 Winter Break	3 Breakfast: Breakfast Pizza Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Broccoli & Salad Bar Orange Wedges & Fruit Milk	4 Breakfast: Blueberry Muffin Fruit-Fresh Fruit-Milk Lunch: Spaghetti Or Cold Meat on Bun Green Beans & Salad Bar Applesauce & Fresh Fruit Breadstick Milk	5 Breakfast: Toast-Cracker Juice-Fresh Fruit-Milk Lunch: Ham with Scalloped Potato or Corn Dog Baby Carrots & Salad Bar Juice & Fresh Fruit Cookie Milk
8 Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Cheeseburger on Bun Or Nacho Naturals Winter Blend & Salad Bar Baked Apples or Fresh Fruit Milk	9 Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos & 2 Soft Shells Or Hot Dog Fiesta Bar Refried Beans Juice & Fresh fruit Milk	10 Breakfast: Ultimate Breakfast Casserole Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Or Stuffed Breadsticks Broccoli & Salad Bar Jell-O with Fruit & Fresh Fruit- Milk	11 Breakfast: Frudel Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Or Cold Meat on Bun Mashed Potato-Salad Bar Dinner Roll Peaches & Fresh Fruit Milk	12 Breakfast: Toast-Cracker Juice-Fresh Fruit-Milk Lunch: Chili with Corn Bread Or Grilled Chicken on Bun Baby Carrot- Salad Bar Juice & Fresh Fruit Cookie Milk
15 Weather Make-up Day	16 Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Or Hot Dog Refried Beans Salsa Fiesta Bar Juice & Fresh Fruit Milk	17 Breakfast: Yogurt-Cracker Fruit-Fresh Fruit-Milk Lunch: Pizza Or Stuffed Breadsticks Broccoli & Salad Bar Pears & Fresh Fruit Milk	18 Breakfast: Ham & Cheese Croissant Hash Brown-Fruit-Milk Lunch: Shrimp-Cheese Or Cold Meat on Bun Baked Potato & Salad Bar Fruit Cocktail & Fresh fruit Dinner Roll ilk	19 Breakfast: Toast-Cracker Juice-Fruit-Milk Lunch: B-B-Q Chicken Sandwich Or Corn Dog Baby Carrots & Salad Bar Juice & Fresh Fruit Cookie Milk
22 Breakfast: Ham & Cheese Biscuit Fruit-Fresh Fruit-Milk Lunch: Chicken Nuggets/Roll Or Nacho Naturals Winter Blend & Salad Bar Applesauce & Fresh fruit Milk	23 Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos & 2 Shells Or Hot Dog Refried Beans Fiesta Bar Juice & Fresh Fruit Milk	24 Breakfast: Ultimate Breakfast Casserole Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza Or Stuffed Breadsticks Normandy Blend & Salad Bar Orange Wedges & Fresh Fruit Milk	25 Breakfast: Poptart Fruit-Fresh Fruit-Milk Lunch: Roast Turkey Or Cold Meat on Bun Mashed Potato with Gravy Peas Peaches & Fresh Fruit 2 Slice of Bread Milk	26 Breakfast: Toast-Cracker Juice-Fruit-Milk Lunch: Ham & Cheese Sub Pizzaburger Broccoli-Salad Bar Juice & Fresh Fruit Cookie Milk
29 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Chicken Nugget Or Nacho Naturals Broccoli Salad Bar Baked Apples & Fresh Fruit Cookie Milk	30 Breakfast: Toast Juice-Fruit-Milk Lunch: Nacho Naturals Or Hot Dog Refried Beans Fiesta Bar Juice & Fresh Fruit Milk	31 Breakfast: Ham & Cheese Croissant Fruit-Fresh Fruit-Milk Lunch: Cheese Pizza Or Stuffed Breadsticks Capri Blend Vegetables & Salad Bar Blueberry Crisp & Fresh Fruit Milk		

News

January is National Blood Donor Month. Since 1970, National Blood Donor Month has been observed in January to not only honor blood and platelet donors, but also to help increase donation during the winter. Maintaining a sufficient blood supply for patients is difficult at this time of year. To make an appointment, download the free Red Cross Blood app, visit redcrossblood.org or call 800-733-2767

*START
YOUR DAY
THE RIGHT WAY
WITH SCHOOL BREAKFAST*

*SCHOOL BREAKFAST
WILL GIVE YOU
MORE
ENERGY
KEEP YOUR BODY
HEALTHY
AND HELP IMPROVE YOUR
GRADES*