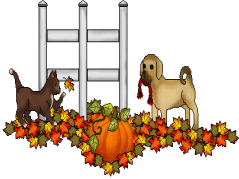






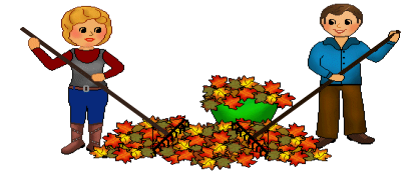


# NOVEMBER | 2018

## Rensselaer High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Breakfast: Yogurt/Crackers Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Salad Bar Pears & Fruit Milk <b>Or BBQ on Bun</b>	<b>2</b> Breakfast: Toast-Cereal Juice-Fruit-Milk Lunch: BBQ Sandwich Carrots Salad Bar Juice & Fruit Milk <b>Or Cook's Choice</b>
<b>5</b> Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Grilled Chicken on Bun Broccoli-Salad Bar Pears & Fresh Fruit Dinner Roll Milk <b>Or Nacho Naturals</b>	<b>6</b> Breakfast: Toast Juice-Fruit-Milk Lunch: Beef Tacos (2) Shells Fiesta Bar-Salsa Refried Beans Juice & Fruit Milk <b>Or Hot Dog on Bun</b>	<b>7</b> Breakfast: English Muffin Fruit-Fresh Fruit-Milk Lunch: Sausage Pizza Glazed Carrots Salad Bar Jell-O with Fruit & Fruit Milk <b>Or Stuffed Breadsticks</b>	<b>8</b> Breakfast: Ham/Cheese Croissant-Hash brown-Fruit Milk Lunch: Spaghetti Green Beans-Salad Bar Peaches & Fresh Fruit Breadstick Milk <b>Or BBQ on Bun</b>	<b>9</b> Breakfast: Toast-Cereal Juice-Fresh Fruit-Milk Lunch: Sub Sandwich Potato Item Salad Bar Cookie Juice & Fruit Milk <b>Or Cook's Choice</b>
<b>12</b> Breakfast: French Toast Fruit-Fresh Fruit-Milk Lunch: Corn Dog Carrots Salad Bar Fruit Cocktail & Fruit Milk <b>Or Nacho Naturals</b>	<b>13</b> Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos (2) Shells Fiesta Bar-Cheese-Salsa Refried Beans Juice & Fresh Fruit Milk <b>Or Hot Dog on Bun</b>	<b>14</b> Breakfast: Donut Fruit-Fresh Fruit-Milk Lunch: Pepperoni Pizza Broccoli Salad Bar Apple & Fruit Milk <b>Or Stuffed Breadsticks</b>	<b>15</b> Breakfast: Blueberry Muffin Juice-Fruit-Milk Lunch: Turkey & Dressing Mashed Potato with Gravy Peas Fruit Salad Dinner Roll Pumpkin Pie Milk	<b>16</b> Breakfast: Toast-Cereal Juice- Fruit-Milk Lunch: Grilled Chicken Sandwich Vegetable-Salad Bar Juice & Fruit Milk <b>Or Cook's Choice</b>
<b>19</b> Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Cheeseburger on Bun Potato Item Vegetable Fruit & Fresh Fruit Milk <b>Or Nacho Naturals</b>	<b>20</b> Breakfast: Toast Juice-Fruit-Milk Lunch: Quesadilla Refried Beans-Salas Vegetable Fruit & Fresh Fruit Milk <b>Or Cook's Choice</b>	<b>21</b> Thanksgiving Break 	<b>22</b> Happy Thanksgiving 	<b>23</b> Thanksgiving Break 
<b>26</b> Breakfast: Flapstick Fruit-Fresh Fruit-Milk Lunch: Hot Dog on Bun Baked Beans-Winter Blend Applesauce & Fruit Goldfish Cracker Milk <b>Or Nacho Naturals</b>	<b>27</b> Breakfast: Toast Juice-Fruit-Milk Lunch: Chicken Tacos-Cheese Refried Beans-Salsa Corn-Fruit Milk <b>Or Corn Dog</b>	<b>28</b> Breakfast: Ham Hashbrown Casserole Biscuit-Fresh Fruit-Milk Lunch: Cheese Pizza Broccoli-Salad Bar Jell-O with Fruit & Fruit Milk <b>Or Stuffed Breadsticks</b>	<b>29</b> Breakfast: UBR Fruit-Fresh Fruit-Milk Lunch: Ham with Scalloped Potato Salad Bar Peaches & Fresh Fruit Dinner Roll Milk <b>Or BBQ on Bun</b>	<b>30</b> Breakfast: Toast-Cereal Juice-Fruit-Milk Lunch: Chicken Nuggets Glazed Carrots-Salad Bar Juice & Fruit Cookie Milk <b>Or Cook's Choice</b>

### News



**Be an Active Family**  
Physical activity is important for children an adults of all ages.

Being active as a family can benefit everyone. Adults need 2 ½ hours a week of physical activity, and Children need 60 minutes a day.

### Studies show that eating School Breakfast can:

- \*Lower stress levels & reduce behavioural issues
- \*Boost memory & concentration
- \*Improve hand-eye coordination
- \*Lessen hunger throughtout the day

