


Rhinebeck High School SEPTEMBER 2022

Meal Prices
 Breakfast: \$1.75 Reduced: No Charge
 Lunch: \$3.25 Reduced: No Charge
 Hudson Valley Fresh Milk: \$0.60

	Monday	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST : Three Components Served Daily. Grain 1 oz. Fruit 1 cup Low Fat Milk 8 oz. 400-550 calories SANDWICH SHOP <u>MONDAY</u> EGG SALAD <u>TUESDAY</u> TURKEY/CHEESE <u>WEDNESDAY</u> CHICKEN CHEDDAR WRAP <u>THURSDAY</u> HAM/CHEESE <u>FRIDAY</u> CHICKEN SALAD SALADS GALORE <u>MONDAY</u> GRILLED CHICKEN <u>TUESDAY</u> TURKEY <u>WEDNESDAY</u> CHOPPED HAM/CHEESE <u>THURSDAY</u> CHEF SALAD <u>FRIDAY</u> CHICKEN CAESAR **Salads include a whole grain. QUESTIONS/COMMENTS? Please call Larry Anthony, FSD 845.871.5570 ext. 6579	*CHOOSE A MEAL* BREAKFAST					DID YOU KNOW? MySchoolBucks.com makes meal payment convenient and simple! Scan the code below to go to the website:  You can manage your student's account and make payments online.
	CHOOSE A MEAL LUNCH					
			7 Chicken Nuggets Steamed Broccoli Fruit Cocktail HVF Milk	8 Chicken Patty w/Bun Buttered Corn Pineapple HVF Milk	9 Cheese Pizza Buttered Green Beans Fruit Cocktail HVF Milk	
	12 Mozzarella Sticks Marinara Sauce Buttered Carrots Diced Pears HVF Milk	13 Twin Taco Tuesday Refried Beans, Salsa Orange Wedges HVF Milk	14 Roast Chicken French Bread Steamed Broccoli Diced Peaches HVF Milk	15 Cheeseburger w/Bun French Fries Fruit Cocktail HVF Milk	16 Cheese Pizza Green Beans Applesauce HVF Milk	
	19 Mac and Cheese Steamed Broccoli NY Apple HVF Milk	20 Bosco Bread Sticks Marinara Sauce Salad Boat Fresh Pears HVF Milk	21 WG French Toast Sticks Sausage Links Oven Fried Potatoes Diced Peaches HVF Milk	22 Chicken Patty w/Bun Chickpea Salad NY Apple HVF Milk	23 Cheese Pizza Carrot Sticks Applesauce HVF Milk	Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds.
	26 Rosh Hashanah	27 All Beef Hot Dog, Bun Baked Beans Fruit Cocktail HVF Milk	28 WG Pizza Crunchers Green Beans Diced Pears HVF Milk	NY Thursday Slate Farm Jitter Bug WG Sliced ODB NY Baked Potato NY Apple HVF Milk	30 Cheese Pizza Carrot Sticks Applesauce HVF Milk	WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER! Employment Opportunities Available!!!
				Served Daily: Protein 2 oz. Whole Grains 2 oz. Vegetables 1 cup Fruit 1 cup Milk 8 oz. 750-850 Calories	Everyday Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich	Free and Reduced Lunch Applications are available in your school office and on the school web page.