


# OCTOBER 2024 RHHS 9-12

Meal Prices	
Breakfast: No Charge	Reduced: No Charge
Lunch: \$3.00	Reduced: No Charge
Hudson Valley Fresh Milk: \$0.60	

	Monday	Tuesday	Wednesday	Thursday	Friday	DID YOU KNOW?
<p><b>BREAKFAST :</b> Three Components Served Daily. Grain 1 oz. Fruit 1/2 cup Low Fat Milk 8 oz. Calories 450-600</p> <p>Visit Our <b>SANDWICH SHOP</b> Deli Line Custom made sandwiches made to order!!</p> <p><b>SALADS GALORE</b> Prepare your very own salad to your liking</p> <p><small>**Salads include a whole grain.</small></p>	<b>*CHOOSE A MEAL* BREAKFAST</b>					<p><a href="http://MySchoolBucks.com">MySchoolBucks.com</a> makes meal payment convenient and simple! Scan the code below to go to the website:</p> <div style="text-align: center;">  </div> <p>You can manage your student's account and make payments online.</p>
	<b>LUNCH MENU</b>					
<p>QUESTIONS/COMMENTS Please call Larry Anthony, FSD 845.758.2241 ext.38100</p>	<p>Upstate Yogurt/Granola Cereal/Muffin Peaches Apple or Orange Juice HVF Milk</p>	<p>Hot Egg/Cheese Bagel Cereal/Muffin Orange Wedges Apple or Orange Juice HVF Milk</p>	<p>Waffle Wednesday Sausage Links Cereal/Muffin Apple or Orange Juice HVF Milk</p>	<p>Breakfast Pizza Cereal/Muffin Fresh Banana Apple or Orange Juice HVF Milk</p>	<p>French Toast Cereal/Muffin Pears Apple or Orange Juice HVF Milk</p>	<p style="text-align: center;"><b>WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER!</b> Employment Opportunities Available!!!</p> <p>Free and Reduced Lunch Applications are available in your school office and on the school web page.</p>
	<p>Everyday Vegetarian Option: Peanut Butter/Jelly Or American Cheese Sandwich</p>	<p style="text-align: center;">01</p> <p>Tommy Twin Taco Tuesday Cheese/Salsa Refried Beans Salad Bar Applesauce HVF Milk</p>	<p style="text-align: center;">02</p> <p>Egg and Cheese Croissant Buttered Carrots Salad Bar Diced Peaches HVF Milk</p>	<p style="text-align: center;">03</p> <p style="text-align: center;"><b>Rosh Hashanah</b></p>	<p style="text-align: center;">04</p> <p>Superintendent Conference Day</p>	
	<p style="text-align: center;">07</p> <p>Declan's NY Cheeseburger w/Bun Dill Pickle French Fries Salad Bar Fruit Cocktail, HVF Milk</p>	<p style="text-align: center;">08</p> <p>Tommy Twin Taco Tuesday Cheese/Salsa Refried Beans Salad Bar Applesauce HVF Milk</p>	<p style="text-align: center;">09</p> <p>Lucy Makebish Roast Chicken Steamed Rice Buttered NY Carrots Salad Bar Diced Peaches, HVF Milk</p>	<p style="text-align: center;">10</p> <p>Meatball Parm Hero Roasted Broccoli Salad Bar Fruit Cocktail HVF Milk</p>	<p style="text-align: center;">11</p> <p>Cheese Pizza Green Beans Salad Bar Diced Peaches HVF Milk</p>	
	<p style="text-align: center;">14</p> <p style="text-align: center;"><b>Columbus Day</b></p>	<p style="text-align: center;">15</p> <p>All Beef Hot Dogs w/Bun Baked Beans Salad Bar NY Apple HVF Milk</p>	<p style="text-align: center;">16</p> <p>Chicken Dumplings Steamed Rice Vegetable Egg Roll Salad Bar Fresh Pears, HVF Milk</p>	<p style="text-align: center;">17</p> <p>Mason's Mac and Cheese Steamed Broccoli Salad Bar Orange Wedges HVF Milk</p>	<p style="text-align: center;">18</p> <p>Cheese Pizza Steamed Carrots Salad Bar Fruit Cocktail HVF Milk</p>	
	<p style="text-align: center;">21</p> <p>Mozzarella Sticks w/Sauce Buttered Carrots Salad Bar Diced Peaches HVF Milk</p>	<p style="text-align: center;">22</p> <p>NY All Beef Nachoes Refried Beans, Salsa, Cheese Salad Bar Diced Peaches, HVF Milk</p>	<p style="text-align: center;">23</p> <p>Tristen's Pizza Crunchers Green Beans Salad Bar Fruit Cocktail HVF Milk</p>	<p style="text-align: center;">NY Thursday</p> <p>Happy Valley Beef Sauce NY Sfoglini Pasta NY Butternut Squash NY Salad Bar NY Apple, HVF Milk</p>	<p style="text-align: center;">25</p> <p>Cheese Pizza Steamed Broccoli Salad Bar Fresh Banana HVF Milk</p>	
	<p style="text-align: center;">28</p> <p>Egg and Cheese Croissant Buttered Carrots Salad Bar Diced Peaches HVF Milk</p>	<p style="text-align: center;">29</p> <p>Veggie Cheeseburger w/Bun Chick Pea Salad Salad Bar Diced Peaches HVF Milk</p>	<p style="text-align: center;">30</p> <p>Chicken Empanada Baked Plantains Salad Bar Pineapple HVF Milk</p>	<p style="text-align: center;">31</p> <p>Cheese Lasagna Roasted Broccoli Salad Bar Applesauce HVF Milk</p>	<p><b>Served Daily:</b> Protein 2 oz. Whole Grains 1 oz. Vegetables 1 cup Fruit 1 cup Milk 8 oz. Calories 750-850</p>	