


JANUARY 2025

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>BREAKFAST : Three Components Served Daily. Grain 1 oz. Fruit 1 cup Low Fat Milk 8 oz. Calories 450-600</p> <p>Visit Our SANDWICH SHOP Deli Line Custom made sandwiches made to order!!</p> <p>SALADS GALORE Prepare your very own salad to your liking</p> <p><small>**Salads include a whole grain.</small></p> <p>QUESTIONS/COMMENTS Please call Larry Anthony, FSD 845.758.2241 ext.38100</p>	*CHOOSE A MEAL* BREAKFAST					<p>MySchoolBucks.com 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>
	LUNCH MENU					
	<p>Upstate Yogurt/Granola Cereal/Muffin Peaches Orange Juice HVF Milk</p>	<p>Hot Egg/Cheese Bagel Cereal/Muffin Orange Wedges Orange Juice HVF Milk</p>	<p>Waffle Wednesday Sausage Links Cereal/Muffin Applesauce Orange Juice HVF Milk</p>	<p>Breakfast Pizza Cereal/Muffin Fruit Cocktail Orange Juice HVF Milk</p>	<p>French Toast Cereal/Muffin Pears Orange Juice HVF Milk</p>	
	<p>Everyday Vegetarian Option: Peanut Butter/Jelly Or American Cheese Sandwich</p>	<p>Served Daily: Protein 2 oz. Whole Grains 2 oz. Vegetables 1 cup Fruit 1 cup Milk 8 oz. Calories 750-850</p>	<p>Winter Recess</p>	<p>2 Chicken Patty w/ Bun NY Onion Rings Diced Pears HVF Milk</p>	<p>3 Cheese Pizza Steamed Carrots Applesauce HVF Milk</p>	
	<p>6 NY Cheese Meatballs Garlic Bread, Salad Bar Steamed Broccoli Diced Peaches HVF Milk</p>	<p>7 Twin Taco Tuesday Refried Beans, Salsa Diced Pears HVF Milk</p>	<p>8 NY Waffles/Chicken Salad Bar Steamed Green Beans Fruit Cocktail HVF Milk</p>	<p>9 Bosco Bread Sticks Marinara Sauce Buttered Peas Diced Peaches HVF Milk</p>	<p>10 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk</p>	
	<p>13 NY Perogies w/Sausage Buttered Peas Salad Bar Diced Peaches HVF Milk</p>	<p>14 Mozzarella Sticks Marinara Sauce Salad Bar NY Green Beans NY Apple HVF Milk</p>	<p>15 Roast Turkey w/gravy NY Buttered Rice Salad Bar NY Butternut Squash Diced Pears, HVF Milk</p>	<p>16 Chicken Patty w/Bun Salad Bar Buttered Corn Apple Sauce HVF Milk</p>	<p>17 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk</p>	<p>Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds.</p>
	<p>20 Martin Luther King Day</p>	<p>21 Bean and Cheese Burrito Salad Bar, Salsa Sweet Red Peppers Diced Pears HVF Milk</p>	<p>22 Cheeseburger w/ Bun Salad Bar French Fries Orange Wedges HVF Milk</p>	<p>23 NY Swedish Meatballs NY Sfoglini Pasta Salad Bar Steamed Broccoli NY Apple, HVF Milk</p>	<p>24 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk</p>	<p>WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER! Employment Opportunities Available!!!</p>
	<p>27 General Tso Chicken Lo Mein Noodles Salad Bar NY Peas Pears HVF Milk</p>	<p>28 Lauren's Ramen Noodles Dumplings Salad Bar NY Carrots Mandarin Oranges HVF Milk</p>	<p>29 LUNAR NEW YEAR</p>	<p>30 Chicken Eggroll Fried Rice Salad Bar Roasted Broccoli Pineapple HVF Milk</p>	<p>31 Lunar Pizza Salad Bar Steamed Edamame Fresh NY Apple HVF Milk</p>	<p>Free and Reduced Lunch Applications are available in your school office and on the school web page.</p>