


GF APRIL 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	
BREAKFAST : <i>Four Components Served Daily.</i> Protein 1 oz Grain 1 oz. Fruit 1 cup Low Fat Milk 8 oz. Calories 450-600 SANDWICH SHOP <u>MONDAY</u> ROAST BEEF <u>TUESDAY</u> TURKEY/CHEESE <u>WEDNESDAY</u> TURKEY/CHEESE <u>THURSDAY</u> TURKEY/HAM <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 NY Pita Chips whole grain. QUESTIONS/COMMENTS Please call Larry Anthony, FSD 845.758.2241 ext.38100	*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.
	Upstate Yogurt Granola Cereal or Muffin Diced Peaches Orange Juice Orange Juice HVF Milk	Egg/Ham/Cheese Croissant Cereal or Muffin Orange Wedges Orange Juice HVF Milk	French Toast Sticks Sausage Links Cereal or Muffin Applesauce Orange Juice HVF Milk	Breakfast Pizza Cereal or Muffin Fruit Cocktail Orange Juice HVF Milk	Pancakes Cereal or Muffin Pears Orange Juice HVF Milk	
LUNCH MENU						
	All Buns Gluten Free Available. GFA	1 GF NY Slate Beef Cheeseburger w/Bun (GFA)	2 GF Ham Steak Quinoa Salad Salad Bar	3 GF Roast Chicken Seasoned Rice Salad Bar	4 GF GF Cheese Pizza Salad Bar	
	All Pasta Salad are Gluten Free GF Sliced Bread Available on Sandwich Bar	Lettuce/Tomato Salad Bar, Baked Beans Diced Pears, HVF Milk	Green Beans Strawberry Cup HVF Milk	Butternut Squash Applesauce HVF Milk	Buttered Broccoli Fresh NY Apple HVF Milk	
	7 GF NY Beef Meatball Marinara w/Bun (GFA) Salad Bar NY Butternut Squash Diced Peaches, HVF Milk	8 GF All Beef Naco Tuesday, Corn Chips Cheddar Cheese Salad Bar, Refried Beans, Salsa, Diced Pears HVF Milk	9 GF Mediterranean Pasta Salad Salad Bar Red Beets Fruit Cocktail HVF Milk	10 GF All Beef NY Hot Dog w/Bun (GFA) Salad Bar Baked Beans Diced Peaches, HVF Milk	11 Spring Recess	
	14 Spring Recess	15 Spring Recess	16 Spring Recess	17 Spring Recess	18 Spring Recess	Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds.
	21 Spring Recess	22 GF Baked Potato Bar Quinoa Salad Cheddar Cheese Salad Bar Applesauce HVF Milk	23 GF Breakfast for Lunch Egg /Ham/Cheese Patty Cherrios, Salad Bar Hash Brown Potato Pineapple Chunks HVF Milk	24 GF Roast Chicken and Rice Salad Bar Steamed Corn Fruit Cocktail HVF Milk	25 GF GF Cheese Pizza Salad Bar Buttered Broccoli Fresh NY Apple HVF Milk	
	28 GF Quinoa Salad w/Ham Steak Salad Bar Steamed NY Peas Diced Peaches HVF Milk	29 GF All Beef Twin Taco Tuesday Corn Taco Shell Cheddar Cheese Salad Bar Refried Beans, Salsa Diced Pears HVF Milk	30 GF NY Roast Turkey Steamed Rice Roasted Potatoes Salad Bar NY Apple HVF Milk	Served Daily: Protein 2 oz. Whole Grains 2 oz. Vegetables 1 cup Fruit 1 cup Milk 8 oz. Calories 750-850	Everyday Vegetarian Option: Peanut Butter/Jelly Or American Cheese Sandwich	