# SEPTEMBER 2026

## Rensselaer Central High School Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1<br>Apple Frudel<br>French Toast Stixs<br>Cheesy Omelet<br>Seasoned Potatoes | 2<br>Breakfast Pizza<br>Hot Dog<br>Baked Beans<br>WG Chips | 3<br>French Toast Stixs<br>Sweet & Sour Chicken w/ Brown Rice<br>Steamed Broccoli<br>Fortune Cookie | 4<br>Sausage Links & Hash Browns<br>Mozzarella Sticks<br>Marinara Sauce<br>Corn |
| 7<br>Labor Day<br>No School | 8<br>Sausage Egg & Cheese Pockets<br>Chicken Quesadilla<br>Refried Beans<br>Corn | 9<br>Breakfast pizza<br>Pepperoni Calzone<br>Fries<br>WG Cookies | 10<br>Mini Donuts<br>Spaghetti w/ Meat Sauce<br>Breadstick<br>Green Beans | 11<br>Biscuits & Gravy<br>Fiesta Pizza<br>Cooked Carrots |
| 14<br>Apple/Cinnamon Muffin w/ Cheese Stick<br>Mini Corn Dogs<br>Mixed Vegetables | 15<br>Chicken Biscuit<br>Beef Taco<br>Refried Beans<br>Corn | 16<br>Breakfast Pizza<br>Chicken & Waffles<br>Tater Tots<br>Ice Cream Cups | 17<br>Mini Waffles<br>Macaroni & Cheese w/ Soft Pretzel<br>Steamed Broccoli | 18<br>Cheesy Omelet<br>French Bread Pizza<br>Green Beans |
| 21<br>Chocolate Chip Muffin w/ Cheese Stick<br>Popcorn Chicken w/ Dinner Roll<br>Mashed Potatoes & Gravy<br>Corn | 22<br>Mini Cinnis<br>Mini Pancakes<br>Sausage Links<br>Hash Brown Coins | 23<br>Breakfast Pizza<br>Grilled Cheese Sandwich<br>Tomato Soup<br>Goldfish Crackers | 24<br>Mini French Toast<br>Orange Chicken w/ Brown Rice<br>Steamed Broccoli | 25<br>Pancake Sausage Stick<br>Bosco Sticks w/ Marinara Sauce<br>Mixed Vegetables<br>Fava Bean Crisp |
| 28<br>Benefit Bar<br>Chicken Tenders<br>Dinner Rolls<br>Fries | 29<br>Sausage Biscuit<br>Walking Taco<br>Refried Beans<br>Corn | 30<br>Breakfast Pizza<br>Meatball Sub<br>Tater Tots | | |

**Breakfast Alternates Offered Daily:**

Cereal &Cheese Stick
Poptart & Cheeses Stick
100% Juice
Fruit
Milk

**Breakfast Alternates Offered Monday, Wednesday, Friday**

Yogurt & Cheeses Stick

**Lunch Alternates Offered Daily:**

PBJ w/Cheese Stick & Goldfish Crackers
Chef Salad w/Muffin & Goldfish Crackers

**MON:** Cheeseburger
**TUES:** Chicken Sandwich
**WED:** Cheese or Pepperoni Pizza
**THURS:** Spicy Chicken Sand
**FRI:** Tenderloin

**DAILY:**

Chilled Fruit
Fresh Fruit
Milk

EXTRA VEGGIES OFFERED DAILY:

**MON:** Baby Carrots, Fresh Broccoli
**TUES:** Cucumbers, Grape Tomatoes
**WEDS:** Baby Carrots, Sliced bell Peppers
**THURS:** Celery w/ PB/Ranch, Cauliflower
**FRI:** Mixed Veggie Cups

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