

## What's on the Menu?



## Rochester Community Schools: Breakfast Menu February 2021

A full student breakfast includes a choice of entrée supplying protein and grain,1/2 cup fruit sides, and 1% or skim white milk.

Curbside pickups Wednesdays 11:30am-12:30pm select locations; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday Friday	
		1	2	3	4	5
7 Day Breakfast Curbside Menu	*Please note: Menu items subject to change due to product availibility	<b>Benefit Bar</b> 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	PICK UP DAY Quick Oats w/ String Cheese 100% Fruit Juice	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Whole Grain Bagel w/ Cream Cheese Cupped Fruit
6	7	8	9	10	11	12
Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	Turkey Sausage Pancake Wrap Cupped Fruit	Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit	PICK UP DAY Whole Grain Waffles w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit	Apple Filled Bosco Cupped Fruit
13	14	15	16	17	18	19
Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Breakfast Cereal w/ Yogurt Cup Cupped Fruit	<b>Benefit Bar</b> 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	PICK UP DAY Quick Oats w/ String Cheese 100% Fruit Juice	Turkey Sausage Pancake Wrap Cupped Fruit	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit
20	21	22	23	24	25	26
Benefit Bar 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	Breakfast Cereal with Graham Cracker 100% Fruit Juice	Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	PICK UP DAY Whole Grain Waffles w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit	Apple Filled Bosco Cupped Fruit
27	28					
Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit				Remember to wash your hands before you eat!	



Questions or comments? Food Service Director Tracy Hizer 248-726-4650
Assistant Directors Tamara Brazelton 248-726-4601 or Marci Flaherty 248-726-4603
Go to MyPlate.gov for online personal wellness resources for you and your family.

Make Checks Payable to RCS Foodservice.

This institution is an equal opportunity provider.