

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

