

What's on the Menu?

Rochester Community Schools: Breakfast 2 Day Curbside Menu March 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 12:30am-1:30pm select locations Hart, Reuther, West, Adams, Rochester; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4	5
2 Day Breakfast Curbside Menu	*Please note: Menu items subject to change due to product availability			Pick Up Day		
6	7	8	9	10	11	12
Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	Turkey Sausage Pancake Wrap Cupped Fruit			Pick Up Day		
13	14	15	16	17	18	19
Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Breakfast Cereal w/ Yogurt Cup Cupped Fruit			Pick Up Day		
20	21	22	23	24	25	26
Benefit Bar 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice			Pick Up Day		
27	28	29	30	31		
Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit			Pick Up Day		<i>Remember to wash your hands before you eat!</i>



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.

