

# What's on the Menu?

## Rochester Community Schools: ATPS Breakfast 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.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Benefit Bar 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Turkey Sausage Pancake Wrap Cupped Fruit	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit
8	9	10	11	12
Benefit Bar 100% Fruit Juice	WG Stuffed Cinnamon Bagel Fresh Whole Fruit	Whole Grain Waffles w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Fresh Fruit	Apple Filled Bosco Cupped Fruit
15	16	17	18	19
Benefit Bar 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Turkey Sausage Pancake Wrap Cupped Fruit	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit
22	23	24	25	26
Benefit Bar 100% Fruit Juice	WG Stuffed Cinnamon Bagel Fresh Whole Fruit	Whole Grain Waffles w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Fresh Fruit	Apple Filled Bosco Cupped Fruit
29	30	31		
NO SCHOOL	NO SCHOOL	NO SCHOOL		Always 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](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

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