

What's on the Menu?

Rochester Community Schools Secondary: In Person 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
In Person	WG Bagel w/ Cream Cheese 100% Fruit Juice	Mini Pancakes Fresh Fruit	Apple Bosco Cupped Fruit	Blueberry Muffin with String Cheese Fresh Fruit	Egg and Cheese English Muffin Sandwich 100% Fruit Juice
	8	9	10	11	12
All breakfast meals free though the school year!	WG Stuffed Cinnamon Cream Cheese Bagel 100% Fruit Juice	Mini Waffles Fresh Fruit	Apple Cinnamon Texas Toast Cupped Fruit	Benefit Bar Cupped Fruit	Egg and Cheese Breakfast Bagel Sandwich 100% Fruit Juice
	15	16	17	18	19
	WG Bagel w/ Cream Cheese 100% Fruit Juice	Mini French Toast Fresh Fruit	Apple Bosco Cupped Fruit	Blueberry Muffin with String Cheese Fresh Fruit	Egg and Cheese WG English Muffin Sandwich 100% Fruit
	22	23	24	25	26
	WG Stuffed Cinnamon Cream Cheese Bagel 100% Fruit Juice	Mini Pancakes Fresh Fruit	Apple Cinnamon Texas Toast Cupped Fruit	Benefit Bar Cupped Fruit	Egg and Cheese Breakfast Bagel Sandwich 100% Fruit Juice
	29	30	31		
	No School	No School	No School		



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.

