

# What's on the Menu?

## Rochester Community Schools: Breakfast 2 Day Curbside Menu May 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	6	7
<b>Chocolate Crescent</b> Cupped Fruit	<b>Apple Bosco</b> Fresh Fruit			<b>Pick Up Day</b>	<b>*Please note: Menu items subject to change due to product availability</b>	<b>2 Day Breakfast Curbside Menu</b>
8	9	10	11	12	13	14
<b>Whole Grain Stuffed Cinnamon Bagel</b> Fresh Whole Fruit	<b>Benefit Bar</b> Cupped Fruit			<b>Pick Up Day</b>		
15	16	17	18	19	20	21
<b>Whole Grain Mini French Toast w/ Syrup</b> Whole Fruit	<b>Breakfast Cereal w/ Yogurt Cup</b> Cupped Fruit			<b>Pick Up Day</b>		
22	23	24	25	26	27	28
<b>Benefit Bar</b> Whole Fruit	<b>WG Bagel w/ Cream Cheese</b> Cupped Fruit			<b>Pick Up Day</b>		
29	30	31	1	2	3	4
<b>Whole Grain Mini French Toast w/ Syrup</b> Whole Fruit	<b>Egg and Cheese WG English Muffin Sandwich</b> Cupped Fruit			<b>Pick Up Day</b>		<b>Remember to wash your hands before you eat!</b>



**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.**

