

# What's on the Menu?

## Rochester Community Schools: APTS Breakfast Menu May 2021

A full student breakfast includes a choice of entrée supplying protein and grain, 1/2 cup fruit side, and 1% chocolate or white milk.

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Always wash your hands before you eat.	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	No School
	10	11	12	13	14
	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
	17	18	19	20	21
Menu subject to change due product availability	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
	24	25	26	27	28
	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
	31				
	No School Memorial Day				

**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.  
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