

# What's on the Menu?

## Rochester Community Schools Secondary: In Person Breakfast Menu May 2021

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
	Breakfast Sausage Pizza Cupped Fruit	Mini French Toast Fresh Fruit	Apple Bosco Cupped Fruit	Egg Cheese Muffin Sandwich Fresh Fruit	No School
FREE for all students everyday: Complete breakfast meals through the school year!	10	11	12	13	14
	WG Stuffed Cinnamon Cream Cheese Bagel Fresh Fruit	Mini Waffles Fresh Fruit	Apple Cinnamon Texas Toast Cupped Fruit	Breakfast Sausage Pizza Cupped Fruit	Egg Cheese Bagel Sandwich Fresh Fruit
Menu subject to change due product availability	17	18	19	20	21
	Breakfast Sausage Pizza Cupped Fruit	Mini French Toast Fresh Fruit	Apple Bosco Cupped Fruit	Egg Cheese Muffin Sandwich Fresh Fruit	Chocolate Crescent Cupped Fruit
Remember to wash your hands before you eat!	24	25	26	27	28
	WG Stuffed Cinnamon Cream Cheese Bagel Fresh Fruit	Mini Waffles Fresh Fruit	Apple Cinnamon Texas Toast Cupped Fruit	Breakfast Sausage Pizza Cupped Fruit	Egg Cheese Bagel Sandwich Fresh Fruit
	31				
	No School Memorial Day				
Served Daily with fruit and 1% white or chocolate milk	Benefit Bars Bagels w/ Cream Cheese Muffins w/ string cheese	Benefit Bars Bagels w/ Cream Cheese Muffins w/ string cheese	Benefit Bars Bagels w/ Cream Cheese Muffins w/ string cheese	Benefit Bars Bagels w/ Cream Cheese Muffins w/ string cheese	Benefit Bars Bagels w/ Cream Cheese Muffins w/ string cheese



**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](http://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.**

