

What's on the Menu?

Rochester Community Schools: Curbside Breakfast Menu July 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 9:00-10:00am select locations Reuther, West, Adams; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
					1	2	
*Please note: Menu items subject to change due to product availability						Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Whole Grain Mini Pancakes Fresh Whole Fruit
3	4	5	6	7	8	9	
Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	Chocolate Crescent Cupped Fruit	Whole Grain Texas Toast Whole Fruit	Egg and Cheese WG Bagel Sandwich Cupped Fruit	PICK UP DAY Whole Grain Waffles Fresh Fruit	Breakfast Pizza Fresh Fruit	Apple Filled Bosco Cupped Fruit	
10	11	12	13	14	15	16	
Whole Grain Mini French Toast Whole Fruit	Breakfast Muffin w/ String Cheese 100% Fruit Juice	Benefit Bar Fresh Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	PICK UP DAY Quick Oats w/ String Cheese Cupped Fruit	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Whole Grain Mini Pancakes Fresh Whole Fruit	
17	18	19	20	21	22	23	
Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	Chocolate Crescent Cupped Fruit	Whole Grain Texas Toast Whole Fruit	Egg and Cheese WG Bagel Sandwich Cupped Fruit	PICK UP DAY Whole Grain Waffles Fresh Fruit	Breakfast Pizza Fresh Fruit	Apple Filled Bosco Cupped Fruit	
24	25	26	27	28	29	30	
Whole Grain Mini French Toast Whole Fruit	Breakfast Muffin w/ String Cheese 100% Fruit Juice	Benefit Bar Fresh Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	PICK UP DAY Quick Oats w/ String Cheese Cupped Fruit	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Whole Grain Mini Pancakes Fresh Whole Fruit	
31							

Whole Grain Stuffed Cinnamon Bagel
Fresh Whole Fruit



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.

