

# What's on the Menu?

## Rochester Community Schools: ATPS-ACE Breakfast Menu AUG-SEPT 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
	30	31	1	2	3
Always wash your hands before you eat.	WG Bagel w/ Cream Cheese 100% Fruit Juice	Breakfast Sausage Pizza Cupped Fruit	Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	WG Stuffed Cinnamon Bagel Cupped Fruit	No School
	6	7	8	9	10
	Labor Day	WG Stuffed Cinnamon Bagel Fresh Whole Fruit	Whole Grain Waffles w/ Syrup 100% Fruit Juice	Breakfast Sausage Pizza Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice
	13	14	15	16	17
*Menu subject to change due to product availability	WG Bagel w/ Cream Cheese 100% Fruit Juice	Breakfast Sausage Pizza Cupped Fruit	Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	WG Stuffed Cinnamon Bagel Cupped Fruit	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit
	20	21	22	23	24
	Benefit Bar 100% Fruit Juice	WG Stuffed Cinnamon Bagel Fresh Whole Fruit	Whole Grain Waffles w/ Syrup 100% Fruit Juice	Breakfast Sausage Pizza Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice
	27	28	29	30	
	WG Bagel w/ Cream Cheese 100% Fruit Juice	Breakfast Sausage Pizza Cupped Fruit	Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	WG 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](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

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