

What's on the Menu?

Rochester Community Schools: Virtual Student Breakfast Menu September 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 UPDATE pickups Thursdays starting Sept 9th 12:45pm-1:30pm West Middle School; see RCS website for more details.

	Monday	Tuesday	Wednesday	Thursday	Friday
August	30	31	1	2	3
	PICK UP DAY ONLY Monday Aug 30 5 Day 12:45-1:30pm VIRTUAL STUDENTS ONLY	WG Bagel w/ Cream Cheese 100% Fruit Juice	Quick Oats w/ String Cheese Cupped Fruit	Chocolate Crescent Cupped Fruit	No School
	6	7	8	9	10
*Please note: Menu items subject to change due to product availability	No School	Mini French Toast Cupped Fruit	Breakfast Muffin w/ String Cheese 100% Fruit Juice	PICK UP DAY 12:45-1:30pm: Breakfast Pizza Fresh Fruit	BeneFIT Bar Cupped Fruit
	13	14	15	16	17
	Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	Quick Oats w/ String Cheese Cupped Fruit	PICK UP DAY 12:45-1:30pm: Chocolate Crescent Cupped Fruit	Whole Grain Mini Pancakes Fresh Whole Fruit
	20	21	22	23	24
	Whole Grain Texas Toast Whole Fruit	Mini French Toast Cupped Fruit	Breakfast Muffin w/ String Cheese 100% Fruit Juice	PICK UP DAY 12:45-1:30pm: Breakfast Pizza Fresh Fruit	BeneFIT Bar Cupped Fruit
	27	28	29	30	
	Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	Quick Oats w/ String Cheese Cupped Fruit	PICK UP DAY 12:45-1:30pm: Chocolate Crescent Cupped 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.



This institution is an equal opportunity provider.

