

What's on the Menu?

Rochester Community Schools: ATPS-ACE Breakfast Menu October 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
					1
Always wash your hands before you eat.					Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit
	4	5	6	7	8
	WG Bagel w/ Cream Cheese 100% Fruit Juice	WG Stuffed Cinnamon Bagel Fresh Whole Fruit	Whole Grain Waffles w/ Syrup 100% Fruit Juice	Breakfast Sausage Pizza Cupped Fruit	No School
	11	12	13	14	15
*Menu subject to change due to product availability	No School	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
	18	19	20	21	22
	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
	25	26	27	28	29
	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	Whole Grain Mini Pancakes w/ Syrup 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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