

What's on the Menu?

Rochester Community Schools: Virtual Student Breakfast Menu October 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 12:45pm-1:30pm West Middle School; see RCS website for more details.

Monday	Tuesday	Wednesday	Thursday	Friday
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Whole Grain
Mini Pancakes
Fresh Whole Fruit

4	5	6	7	8
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*Please note: Menu items subject to change due to product availability

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**

No School

11	12	13	14	15
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No School

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

18	19	20	21	22
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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

25	26	27	28	29
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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



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.

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