

What's on the Menu?

Rochester Community Schools: ATPS-ACE Breakfast Menu November 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	2	3	4	5
Always wash your hands before you eat.	Benefit Bar 100% Fruit Juice	No School	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
	8	9	10	11	12
	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	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit
	15	16	17	18	19
*Menu subject to change due to product availability	Benefit Bar 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
	22	23	24	25	26
	WG Bagel w/ Cream Cheese 100% Fruit Juice	WG Stuffed Cinnamon Bagel Fresh Whole Fruit	No School	No School Thanksgiving Break	No School
	29	30			
	Benefit Bar 100% Fruit Juice	Breakfast Sausage Pizza 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](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

This institution is an equal opportunity provider.

