

# What's on the Menu?

## Rochester Community Schools: Virtual Student Breakfast Menu November 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
	1	2	3	4	5
	Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	No School	Quick Oats w/ String Cheese Cupped Fruit	<b>PICK UP DAY</b> 12:45-1:30pm: Chocolate Crescent Cupped Fruit	Whole Grain Mini Pancakes Fresh Whole Fruit
	8	9	10	11	12
*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	<b>PICK UP DAY</b> 12:45-1:30pm: Breakfast Pizza Fresh Fruit	BeneFIT Bar Cupped Fruit
	15	16	17	18	19
	Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	Quick Oats w/ String Cheese Cupped Fruit	<b>PICK UP DAY</b> 12:45-1:30pm: Chocolate Crescent Cupped Fruit	Whole Grain Mini Pancakes Fresh Whole Fruit
	22	23	24	25	26
	Whole Grain Texas Toast Whole Fruit	Mini French Toast Cupped Fruit	No School	No School Thanksgiving Recess	No School
	29	30			
Special Pick Up Day:	<b>PICK UP DAY</b> 12:45-1:30pm: Mini French Toast Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice			



**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.**

