

What's on the Menu?

Rochester Community Schools: APTS-ACE Breakfast Menu January 2022

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
	3	4	5	6	7
Always wash your hands before you eat.	Benefit Bar 100% Fruit Juice	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit	Apple Texas Toast Cupped Fruit	WG Cinna- Mini Cupped Fruit	Apple Bosco Fresh Whole Fruit
	10	11	12	13	14
	Benefit Bar 100% Fruit Juice	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit	Apple Texas Toast Cupped Fruit	Breakfast Egg and Cheese Taco Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice
	17	18	19	20	21
*Menu subject to change due to product availability	No School	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit	Apple Texas Toast Cupped Fruit	WG Cinni- Mini Cupped Fruit	Apple Bosco Fresh Whole Fruit
	24	25	26	27	28
	Benefit Bar 100% Fruit Juice	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit	Apple Texas Toast Cupped Fruit	Breakfast Egg and Cheese Taco Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice
	31				
	Benefit Bar 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](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

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