

What's on the Menu?

Rochester Community Schools: Virtual Student Breakfast Menu January 2022

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 Mondays 12:45pm-1:30pm West Middle School; see RCS website for more details.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|---|
| | 3 | 4 | 5 | 6 | 7 |
| | PICK UP DAY 12:45-1:30pm: Mini French Toast Cupped Fruit | WG Bagel w/ Cream Cheese 100% Fruit Juice | Quick Oats w/ String Cheese Cupped Fruit | Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit | Whole Grain Mini Pancakes Fresh Whole Fruit |
| | 10 | 11 | 12 | 13 | 14 |
| *Please note: Menu items subject to change due to product availability | PICK UP DAY 12:45-1:30pm: Breakfast Pizza Fresh Fruit | Mini French Toast Cupped Fruit | Breakfast Muffin w/ String Cheese 100% Fruit Juice | Whole Grain Texas Toast Whole Fruit | BeneFIT Bar Cupped Fruit |
| | 17 | 18 | 19 | 20 | 21 |
| | No School | 4 DAY **PICK UP DAY 12:45-1:30pm: Chocolate Crescent Cupped Fruit | Quick Oats w/ String Cheese Cupped Fruit | Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit | Whole Grain Mini Pancakes Fresh Whole Fruit |
| | 24 | 25 | 26 | 27 | 28 |
| | PICK UP DAY 12:45-1:30pm: Breakfast Pizza Fresh Fruit | Mini French Toast Cupped Fruit | Breakfast Muffin w/ String Cheese 100% Fruit Juice | Whole Grain Texas Toast Whole Fruit | BeneFIT Bar Cupped Fruit |
| | 31 | | | | |
| | PICK UP DAY 12:45-1:30pm: Mini French Toast 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 for online personal wellness resources for you and your family.

This institution is an equal opportunity provider.