

# What's on the Menu?

## Rochester Community Schools: Virtual Student Breakfast Menu May 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 pickups Mondays 12:45pm-1:30pm unless noted special at West Middle School; see RCS website for more details.

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
	<b>PICK UP DAY</b> 12:45-1:30pm: Breakfast Taco Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	Quick Oats w/ String Cheese Cupped Fruit	Whole Grain Cinnamon Mini Fresh Whole Fruit	No School
	9	10	11	12	13
*Please note: Menu items subject to change due to product availability	<b>PICK UP DAY</b> 12:45-1:30pm: Breakfast Pizza Fresh Fruit	Chocolate Crescent Cupped Fruit	Breakfast Muffin w/ String Cheese 100% Fruit Juice	Whole Grain Apple Bosco Whole Fruit	BeneFIT Bar Cupped Fruit
	16	17	18	19	20
	<b>PICK UP DAY</b> 12:45-1:30pm: Breakfast Taco Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice	Quick Oats w/ String Cheese Cupped Fruit	Whole Grain Cinnamon Mini Fresh Whole Fruit	Mini Pancakes 100%Fruit Juice
	23	24	25	26	27
	<b>PICK UP DAY</b> 12:45-1:30pm: Breakfast Pizza Fresh Fruit	Chocolate Crescent Cupped Fruit	Breakfast Muffin w/ String Cheese 100% Fruit Juice	Whole Grain Apple Bosco Whole Fruit	BeneFIT Bar Cupped Fruit
	30	31			
	NO PICK UP TODAY No School Memorial Day	<b>PICK UP DAY</b> 12:45-1:30pm: WG Bagel w/ Cream Cheese 100% Fruit Juice			



Questions or comments? Food Service Director Marsha Dziewit 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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