

What's on the Menu?

Rochester Community Schools Secondary: Breakfast August-September 2022

A full student breakfast includes a choice of entrée supplying protein and grain, 1/2 cup fruit sides, and 1% chocolate or white milk.

School Foodservice Information: Price \$1.50 PAID, \$.30 REDUCED*, FREE if qualified*

A student must select a 1/2 cup fruit to make a complete meal or a la carte pricing will be applied.

Monday	Tuesday	Wednesday	Thursday	Friday
29-Aug	30	31	1-Sep	2
Cherry Frudel Cupped Fruit	Mini French Toast Fresh Fruit	Strawberry Stuffed Bagel Cupped Fruit	Breakfast Sausage Pizza Fresh Fruit	No School
5	6	7	8	9
No School	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Mini Pancakes Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
12	13	14	15	16
Cherry Frudel Cupped Fruit	Mini French Toast Fresh Fruit	Strawberry Stuffed Bagel Cupped Fruit	Breakfast Sausage Pizza Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit
19	20	21	22	23
WG Cinni Mini Pull-Apart Cinnamon Roll Cupped Fruit	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Mini Pancakes Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
26	27	28	29	30
Cherry Frudel Cupped Fruit	Egg Omelet with Biscuit Fresh Fruit	Strawberry Stuffed Bagel Cupped Fruit	Breakfast Sausage Pizza Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit
Serving Daily: Benefit Bars, Bagels and Cream Cheese, Fruit Yogurt Parfait, and Muffin/Cheese Stick				

Menu subject to change due to product availability



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.
 Make Checks Payable to RCS Foodservice.

This institution is an equal opportunity provider.