

# What's on the Menu?

## Rochester Community Schools: ATPS-ACE Breakfast Menu October 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.

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  |
|---|---|-----------------------------------|--|---|
| 3   | 4   | 5                                 | 6  | 7   |
| Benefit Bar<br>100% Fruit Juice                           | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | WG Cinni- Mini<br>Cupped Fruit    | Chocolate Crescent<br>Fruit Juice                | No School                                       |
| 10  | 11  | 12                                | 13   | 14  |
| No School   | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | Chocolate Crescent<br>Fruit Juice | Breakfast Egg and<br>Bacon Pizza<br>Cupped Fruit | WG Bagel w/ Cream<br>Cheese<br>100% Fruit Juice |
| 17  | 18  | 19                                | 20   | 21  |
| Benefit Bar<br>100% Fruit Juice                           | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | WG Cinni- Mini<br>Cupped Fruit    | Chocolate Crescent<br>Fruit Juice                | WG Bagel w/ Cream<br>Cheese<br>100% Fruit Juice |
| 24  | 25  | 26                                | 27   | 28  |
| Benefit Bar<br>100% Fruit Juice                           | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | Chocolate Crescent<br>Fruit Juice | Breakfast Egg and<br>Bacon Pizza<br>Cupped Fruit | WG Bagel w/ Cream<br>Cheese<br>100% Fruit Juice |
| 31  |   |                                   |  |   |
| *Menu subject to<br>change due to<br>product availability | Benefit Bar<br>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](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

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