

What's on the Menu?



Rochester Community Schools Secondary: Breakfast October 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.

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Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
Cherry Frudel Cupped Fruit	Mini French Toast Fresh Fruit	Strawberry Stuffed Bagel Cupped Fruit	Breakfast Sausage Pizza Fresh Fruit	No School	
10	11	12	13	14	
No School	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Mini Pancakes Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit	
17	18	19		21	
Cherry Frudel Cupped Fruit	Mini French Toast Fresh Fruit	Strawberry Stuffed Bagel Cupped Fruit	Breakfast Sausage Pizza Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	
24	25	26	27	28	
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	
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Cherry Frudel Cupped Fruit					
Serving Daily: BeneFIT Bars, Bagels and Cream Cheese, Fruit Yogurt Parfait, and Muffin/Cheese Stick					



Menu subject to change due product availibility

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.