

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.

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	20	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
31				
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 availability

