

What's on the Menu?

Rochester Community Schools: ATPS-ACE Breakfast Menu November 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
	1	2	3	4
	Whole Grain Mini Waffles w/ Syrup Fresh Whole Fruit	WG Cinni- Mini Cupped Fruit	Chocolate Crescent Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice
7	8	9	10	11
Benefit Bar 100% Fruit Juice	No School	Chocolate Crescent Fruit Juice	Breakfast Egg and Bacon Pizza Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice
14	15	16	17	18
Benefit Bar 100% Fruit Juice	Whole Grain Mini Waffles w/ Syrup Fresh Whole Fruit	WG Cinni- Mini Cupped Fruit	Chocolate Crescent Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice
21	22	23	24	25
Benefit Bar 100% Fruit Juice	Whole Grain Mini Waffles w/ Syrup Fresh Whole Fruit	No School Thanksgiving Recess	No School Thanksgiving Recess	No School Thanksgiving Recess
28	29	30		
*Menu subject to change due to product availability	Benefit Bar 100% Fruit Juice	Whole Grain Mini Waffles w/ Syrup Fresh Whole Fruit	WG Cinni- Mini Cupped Fruit	

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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