

# What's on the Menu?

## Rochester Community Schools Secondary: Breakfast November 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
	1	2	3	4
	<b>Breakfast Bacon Pizza</b> Fresh Fruit	<b>Strawberry Stuffed Bagel</b> Cupped Fruit	<b>Breakfast Sausage Pizza</b> Fresh Fruit	<b>Breakfast Bagel Sandwich</b> Fresh Fruit
7	8	9	10	11
<b>WG Cinni Mini Pull-Apart Cinnamon Roll</b> Cupped Fruit	<b>No School</b>	<b>Breakfast Bagel Sandwich</b> Fresh Fruit	<b>Mini Pancakes</b> Fresh Fruit	<b>Breakfast Bacon Pizza</b> Fresh Fruit
14	15	16	17	18
<b>Cherry Frudel</b> Cupped Fruit	<b>Breakfast Bacon Pizza</b> Fresh Fruit	<b>Strawberry Stuffed Bagel</b> Cupped Fruit	<b>Breakfast Sausage Pizza</b> Fresh Fruit	<b>Breakfast Bagel Sandwich</b> Fresh Fruit
21	22	23	24	25
<b>WG Cinni Mini Pull-Apart Cinnamon Roll</b> Cupped Fruit	<b>Mini Waffles</b> Fresh Fruit	<b>No School</b>	<b>No School</b>	<b>No School</b>
28	29	30		
<b>Cherry Frudel</b> Cupped Fruit	<b>Breakfast Bacon Pizza</b> Fresh Fruit	<b>Strawberry Stuffed Bagel</b> Cupped Fruit		
<b>Serving Daily: BeneFIT Bars, Bagels and Cream Cheese, Fruit Yogurt Parfait, and Muffin/Cheese Stick</b>				

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.**

