

What's on the Menu?

Rochester Community Schools Secondary: Breakfast December 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
			Breakfast Sausage Pizza Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit
5	6	7	8	9
No School	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Mini Pancakes Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
12	13	14	15	16
Mini Waffles Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit	WG Cinni Mini Pull- Apart Cinnamon Roll Cupped Fruit	Breakfast Sausage Pizza Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit
19	20	21	22	23
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
26	27	28	29	30
Winter Holiday Recess	Winter Holiday Recess	Winter Holiday Recess	Winter Holiday Recess	Winter Holiday Recess
Serving Daily: BeneFIT Bars, Bagels and Cream Cheese, Fruit Yogurt Parfait, and Muffin/Cheese Stick				

Menu subject to
change due
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.

