

# What's on the Menu?

## Rochester Community Schools Secondary: Breakfast January 2023

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**

2

3

4

5

6

**No School Winter Holiday Recess**

9

10

11

12

13

**Cinni-Mini Roll**  
Cupped Fruit

**Mini Waffles**  
Fresh Fruit

**Breakfast Bagel  
Sandwich**  
Fresh Fruit

**Chicken Biscuit  
Sandwich**  
Fresh Fruit

**Breakfast Bacon Pizza**  
Fresh Fruit

16

17

18

19

20

**No School**  
Martin Luther  
King Jr  
Day Observed

**Breakfast Bacon Pizza**  
Fresh Fruit

**Apple Frudel**  
Cupped Fruit

**Sausage and Cheese  
Biscuit**  
Cupped Fruit

**Breakfast Bagel  
Sandwich**  
Fresh Fruit

23

24

25

26

27

**Cinni-Mini Roll**  
Cupped Fruit

**Mini Waffles**  
Fresh Fruit

**Breakfast Bagel  
Sandwich**  
Fresh Fruit

**Chicken Biscuit  
Sandwich**  
Fresh Fruit

**Breakfast Bacon Pizza**  
Fresh Fruit

30

31

**Chicken Biscuit  
Sandwich**  
Fresh Fruit

**Breakfast Bacon Pizza**  
Fresh Fruit

Menu subject to change due  
product availability

**Serving Daily: BeneFIT Bars, Bagels and Cream Cheese, Yogurt Parfaits and Muffin/Cheese Stick**



**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.**

