

# What's on the Menu?

## Rochester Community Schools: APTS-ACE Breakfast Menu March 2023

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
		WG Cinni- Mini Cupped Fruit	Chocolate Crescent Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice
6	7	8	9	10
Benefit Bar 100% Fruit Juice	Whole Grain Mini Waffles w/ Syrup Fresh Whole Fruit	Chocolate Crescent Fruit Juice	Breakfast Egg and Bacon Pizza Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice
13	14	15	16	17
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
20	21	22	23	24
Benefit Bar 100% Fruit Juice	Whole Grain Mini Waffles w/ Syrup Fresh Whole Fruit	Chocolate Crescent Fruit Juice	Breakfast Egg and Bacon Pizza Cupped Fruit	WG Bagel w/ Cream Cheese 100% Fruit Juice
27	28	29	30	31
*Menu subject to change due to product availability	Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess No School

**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](http://MyPlate.gov) for online personal wellness resources for you and your family.

**This institution is an equal opportunity provider.**



