

What's on the Menu?

Rochester Community Schools Secondary: Breakfast March 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
		1	2	3
		Apple Frudel Cupped Fruit	Sausage and Cheese Biscuit Cupped Fruit	Breakfast Bagel Sandwich Fresh Fruit
6	7	8	9	10
National Breakfast Week Specials				
Cinni-Mini Roll Cupped Fruit	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Chicken Biscuit Sandwich Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
13	14	15	16	17
Chicken Biscuit Sandwich Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit	Apple Frudel Cupped Fruit	Sausage and Cheese Biscuit Cupped Fruit	Breakfast Bagel Sandwich Fresh Fruit
20	21	22	23	24
Cinni-Mini Roll Cupped Fruit	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Chicken Biscuit Sandwich Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
27	28	29	30	31
Spring Recess	Spring Recess	Spring Recess	Spring Recess	Spring Recess
Serving Daily: BeneFIT Bars, Bagels and Cream Cheese, Yogurt Parfaits and Muffin/Cheese Stick				

Menu subject to change
due product availability



Questions or comments? Food Service Director Marsha Dziejewitz 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.

