

# What's on the Menu?

## Rochester Community Schools: ATPS-ACE Breakfast Menu October 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.

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   |
| Benefit Bar<br>100% Fruit Juice | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | WG Cinni- Mini<br>Cupped Fruit    | Chocolate Crescent<br>Fruit Juice                | No School                                       |
| 9                               | 10  | 11                                | 12   | 13  |
| No School                       | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | Chocolate Crescent<br>Fruit Juice | Breakfast Egg and<br>Bacon Pizza<br>Cupped Fruit | WG Bagel w/ Cream<br>Cheese<br>100% Fruit Juice |
| 16                              | 17  | 18                                | 19   | 20  |
| Benefit Bar<br>100% Fruit Juice | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | WG Cinni- Mini<br>Cupped Fruit    | Chocolate Crescent<br>Fruit Juice                | WG Bagel w/ Cream<br>Cheese<br>100% Fruit Juice |
| 23                              | 24  | 25                                | 26   | 27  |
| Benefit Bar<br>100% Fruit Juice | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit | Chocolate Crescent<br>Fruit Juice | Breakfast Egg and<br>Bacon Pizza<br>Cupped Fruit | WG Bagel w/ Cream<br>Cheese<br>100% Fruit Juice |
| 30                              | 31  |                                   |  |   |
| Benefit Bar<br>100% Fruit Juice | Whole Grain<br>Mini Waffles w/ Syrup<br>Fresh Whole Fruit |                                   |  |   |

\*Menu subject  
to change due  
to product  
availability

**Questions or comments?** Food Service 248-726-4618

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Go to MyPlate.gov for online personal wellness resources for you and your family.

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



