

What's on the Menu?



Rochester Community Schools Secondary: Breakfast October 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.

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
	Mini Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit	Apple Frudel Cupped Fruit	Sausage and Cheese Croissant Cupped Fruit	No School
	9	10	11	12	13
	No School	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Chicken Biscuit Sandwich Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
	16	17	18	19	20
	Mini Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit	Apple Frudel Cupped Fruit	Sausage and Cheese Croissant Cupped Fruit	Breakfast Bagel Sandwich Fresh Fruit
	23	24	25	26	27
	Strawberry Cream Cheese Bagel Cupped Fruit	Mini Waffles Fresh Fruit	Breakfast Bagel Sandwich Fresh Fruit	Chicken Biscuit Sandwich Fresh Fruit	Breakfast Bacon Pizza Fresh Fruit
	30	31			
	Mini Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit			
Menu subject to ange due product availibility	Serving Da	ily: BeneFIT Bars, Bagels a	nd Cream Cheese, Yog	urt Parfaits and Muffin/Cl	heese Stick



Questions or comments? Food Service 248-726-4618 Director Marsha Dziewit
Assistant Directors Tamara Brazelton and Marci Flaherty
Go to MyPlate.gov for online personal wellness resources for you and your family.
Make Checks Payable to RCS Foodservice for a la carte items.

This institution is an equal opportunity provider.