

# 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 change due product availability				
Serving Daily: BeneFIT Bars, Bagels and Cream Cheese, Yogurt Parfaits and Muffin/Cheese Stick				

