

# What's on the Menu?

## Rochester Community Schools High School: Breakfast August - September 2024

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
26	27	28	29	30
Mini Maple Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit	Mini Cinnis Chilled Fruit	Overnight Oats Fresh Banana	No School
2	3	4	5	6
No School	Chorizo Breakfast Pocket Fresh Fruit	Mini Blueberry Waffles Fresh Fruit	French Toast Bites Fresh Strawberries	Breakfast Bacon Pizza Fresh Fruit
9	10	11	12	13
Mini Confetti Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit	Mini-Cinnis Chilled Fruit	Overnight Oats Fresh Banana	Breakfast Bagel Sandwich Fresh Fruit
16	17	18	19	20
Cinnamon Toast Soft Pastry Bar Chilled Fruit	Chorizo Breakfast Pocket Fresh Fruit	Mini Blueberry Waffles Fresh Fruit	French Toast Bites Fresh Strawberries	Breakfast Bacon Pizza Fresh Fruit
23	24	25	26	27
Mini Pancakes Fruit Juice	Breakfast Bacon Pizza Fresh Fruit	Mini-Cinnis Chilled Fruit	Overnight Oats Fresh Banana	No School
30	Serving Daily: BeneFIT Bars, Yogurt Parfaits, Bagels and Cream Cheese, Pop Tarts, Cereal Bowls, Muffins and Cheese Stick or Yogurt Cup.			
Cinnamon Toast Soft Pastry Bar Chilled Fruit				

Menu subject to change due product availability



Questions or comments? Food Service 248-726-4602  
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.**

