

ROCKWOOD ELEMENTARY SCHOOL BREAKFAST

Monday 5/5/2025	Tuesday 5/6/25	Wednesday 5/7/25	Thursday 5/8/25	Friday 5/9/25
Waffles or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Muffins & Breads or Assorted Cereals or Cereal Bar or Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Burrito or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Glazed Doughnut or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Churro or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pancake on a Stick or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Asst. Muffins & Doughnuts or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25
 Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
6/2/25	6/3/25	6/4/25	6/5/25	6/6/25
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Breakfast Foods or Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cooks Choice or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	 Choice of Milk
6/9/25	6/10/25	6/11/25	6/12/25	6/13/25

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least a 1/2 cup)
and
Choice of Milk
Choice of Milk - 1% white, fat-free
white, chocolate,

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

BETSY SMITH
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JOIN US FOR BREAKFAST



USDA is an equal opportunity provider

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.07