



ROCKWOOD ELEMENTARY SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
5/5//2025	5/6/25	5/7/25	5/8/25	5/9/25
Waffles	Breakfast Pizza	Egg & Cheese Sandwich	Breakfast Muffins & Breads	Apple Strudel
or and	or	or	or	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Ba
with Graham Crackers	or	Assorted Cereals or Cereal Bar	or	with Graham Crackers
	Yougurt	with Graham Crackers	Nature Valley Bar	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Pancakes	Breakfast Pizza	Breakfast Burrito	Glazed Doughnut	Churro
or	or	or	or	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal B
with Graham Crackers	with Graham Crackers	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers
mar oranam orannor	or Yogurt	with Graham Crackers	Nature Valley Bar	mar oranam oranam
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
French Toast	Breakfast Pizza	Breakfast Sandwich	Pancake on a Stick	Asst. Muffins & Doughnuts
Or	Or Or	Of Of	Of	Or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	OI .	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal E
		Assorted Cereals or Cereal Bar		
with Graham Crackers	with Graham Crackers		with Graham Crackers	with Graham Crackers
A	A	with Graham Crackers	A	A
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25
	Breakfast Pizza	Yougurt	Funnel Cake	Minnni Cinnis
	or	or	or	or
A Comment	Assorted Cereals or Cereal Bar	Waffles	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal E
Happy Memorial Day	with Graham Crackers	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers
Arahhamoinniai naass	<u>siat</u>	with Graham Crackers		
The state of the s	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
6/2/25	6/3/25	6/4/25	6/5/25	6/6/25
0/2/20		Assorted Breakfast	Cooks Choice	A A A A A A A A A A A A A A A A A A A
French Toast	Breakfast Pizza	Assured Dieakiast		
	Breakfast Pizza or	Foods	or	
French Toast or			or Assorted Cereals or Cereal Bar	2001
French Toast or	or	Foods		mel
French Toast or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	Foods or	Assorted Cereals or Cereal Bar	mmer
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar with Graham Crackers	Foods or Assorted Cereals with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar	muel
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	Foods or Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice	Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice	comme
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	Foods or Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh	Comme!
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	Foods or Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice	Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice	comme

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

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JOIN US FOR BREAKFAST



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