

# ROCKWOOD HIGH SCHOOL BREAKFAST

Monday 5/5/25	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 Fruit and 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 Muffin & Breads or Assorted Cereals or Cereal Bar or Assorted Oatmeal 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 Yogurt Parfait Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit In-Service	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 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 or Smoothies 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 or Nature Valley Bars 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
 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 or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Waffles or Yogurt 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 or Assorted Oatmeal 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 ACT 80
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 or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Burrito 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 or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	
6/9/25	6/10/25	6/11/25	6/12/25	6/13/25
				
<b>Student Paid Breakfast \$0.00      Student Reduced Breakfast \$0.00      Adult Breakfast \$2.07</b>				

## 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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