

Rockford Middle School

March
2026

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cinnamon Cream Cheese Filled Bagel Cheerios Graham Crackers Fruit Selection Juice Selection Choice of Milk	3 Apple Frudel Cinnamon Chex Graham Crackers Fruit Selection Juice Selection Choice of Milk	4 Chocolate Chocolate Chip Muffin, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection	5 Egg & Cheese on English Muffin Cocoa Puffs Cereal Bowl Graham Crackers Fruit Selection Juice Selection Choice of Milk	6 Breakfast Burrito Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk
9 Pancake on a Stick, WG Syrup Cheerios Graham Crackers Fruit Selection Juice Selection Choice of Milk	10 Banana Chocolate Chip Snack Bread, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection Choice of Milk	11 Blueberry Muffin, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection Choice of Milk	12 Egg & Cheese on English Muffin Cocoa Puffs Cereal Bowl Graham Crackers Fruit Selection Juice Selection Choice of Milk	13 Yogurt Parfait with Strawberries & Cereal Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk
16 Brekkie, WG Cheerios Graham Crackers Fruit Selection Juice Selection Choice of Milk	17 Sausage Breakfast Pizza Cinnamon Chex Graham Crackers Fruit Selection Juice Selection Choice of Milk	18 Banana Chocolate Chip Snack Bread, WG Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection Choice of Milk	19 Breakfast Bowl Flaky Biscuit Cocoa Puffs Cereal Bowl Graham Crackers Fruit Selection Juice Selection Choice of Milk	20 Maple Madness Mini Waffles Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk
23 Cream Cheese Frosted Long John Cheerios Graham Crackers Fruit Selection Juice Selection Choice of Milk	24 Sausage & Cheese on a Biscuit Cinnamon Chex Graham Crackers Fruit Selection Juice Selection Choice of Milk	25 Mini Pancakes Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection Choice of Milk	26 Strawberry Banana Yogurt Cup Scooby Snacks Cocoa Puffs Cereal Bowl Graham Crackers Fruit Selection Juice Selection Choice of Milk	27 Enjoy your Break
30 No School	31 See you April 7th	1		Free Student Breakfast Served from 7:30-8am Every School Day

PRICES

Student Breakfast	FREE
Adult Breakfast	\$2.50
Milk	\$.60

EXTRA INFO

Rockford's Spring Break is from March 27th- April 7th
Have some fun!!

HARVEST OF



OF THE MONTH

Menus and Nutrition
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