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United States Department of Agriculture

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling **(866) 632-9992**, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de genero y orientacion de sexual), edad, discapacidad,venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al **(202) 720-2600** (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al **(800) 877-8339**.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf, en cualquier oficina del USDA, llamando al **(866) 632-9992**, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o´

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correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

Discover School Breakfast!

WHY EAT BREAKFAST?

- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.

WHAT DO OTHER KIDS SAY ABOUT EATING BREAKFAST?

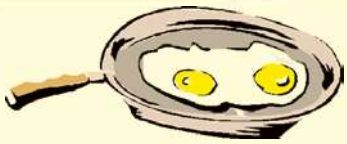
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



WHAT'S FOR BREAKFAST?







Cereal	Fruit
Toast	Waffles
Muffins	Hot Cereal
Sweet	Bagels
Rolls	English Muffins
Pancakes	Milk
Eggs	



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BREAKFAST

PAID: $1.90 REDUCED: .30¢
ADULTS/GUEST: $2.50

APRIL 2025
ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant
PAMELA SHIPPY
KATHERINE LINDSEY
JEANNETTE PICO LIRA
MAKAYLA BIGGS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WARM MUFFIN SLICED PEARS APPLE JUICE	2 BISCUITS & GRAVY FRUIT COCKTAIL GRAPE JUICE	3 MINI PANCAKES WARM APPLE SLICES FRUIT PUNCH	4 CINN A MINI DICED PEACHES ORANGE JUICE
7 CHOCOLATE CHIP FRENCH TOAST STRAWBERRIES APPLE JUICE	8 PANCAKE ON A STICK KIWI GRAPE JUICE	9 PULL APART DONUTS FLAVORED APPLESAUCE FRUIT PUNCH	10 BREAKFAST PIZZA SLICED PEARS ORANGE JUICE	11 BANANA OATMEAL CHOCOLATE CHIP COOKIE MIXED FRUIT APPLE JUICE
14 BLUEBERRY WAFFLES DICED PEACHES GRAPE JUICE	15 GLAZED DONUT STRAWBERRIES FRUIT PUNCH	16 SAUSAGE & CHEESE BISCUIT KIWI ORANGE JUICE	17 ICED HOT CHOCOLATE W/CHOC DONUTS STRING CHEESE STRAWBERRIES APPLE JUICE	18 NO SCHOOL MAKE-UP DAY
21 CHICKEN & WAFFLES WARM APPLE SLICES FRUIT PUNCH	22 FRUDEL W/ICING SLICED PEARS ORANGE JUICE	23 HAM & CHEESE BISCUIT FRUIT COCKTAIL APPLE JUICE	24 BREAKFAST BAGEL DICED PEACH CUP GRAPE JUICE	25 CINNAMON TOAST CRUNCH SANDWICH STRAWBERRIES FRUIT PUNCH
28 TRIX FRENCH TOAST KIWI ORANGE JUICE	29 WARM MUFFIN SLICED PEARS APPLE JUICE	30 BISCUITS & GRAVY FRUIT COCKTAIL GRAPE JUICE		



OFFERED DAILY WHEN AVAILABLE
POPTARTS, BARS, UNCRUSTABLES
CEREAL, DONUTS, & MUFFINS
Choice of Milk, Juice, canned & fresh fruit

MENU IS SUBJECT TO CHANGE BASED ON AVAILABITY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Breakfast: (Mon, Tues, Thurs, Fri) 7:30 A.M. Breakfast: (Wednesday) 8:00 A.M.

ALACART Milk .40

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com

LUNCH

PAID: $2.95 REDUCED: 40¢
ADULTS/GUEST: $4.60

APRIL 2025
ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant
PAMELA SHIPPY
KATHERINE LINDSEY
JEANNETTE PICO LIRA
MAKAYLA BIGGS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHICKEN SANDWICH FISH SANDWICH SEASONED CARROTS BAKED BEANS DICED PEACHES KIWI	2 BBQ PORK SANDWICH NACHOS SEASONED REFRIED BEANS ROMAINE LETTUCE& SHRD CHEESE FLAVORED APPLESAUCE CLEMENTINE DING DONG DESSERT	3 CORN DOG CHICKEN AND NOODLES W/ROLL MASHED POTATOES SEASONED CORN BANANA MIXED FRUIT	4 BURRITO BIG DADDY PIZZA BABY CARROTS FRESH BROCCOLI GRANNY SMITH APPLES FRESH PEARS
7 CHICKEN CHUNKS SOFT TACO SEASONED REFRIED BEANS ROMAINE LETTUCE SHREDDED CHEESE DICED PEACHES CRAZINS	8 MINI CORN DOGS HOT & SPICY SANDWICH WEDGE FRIES FRESH CARROTS WARM APPLE SLICES DICED PEACHES	9 TURKEY & CHEESE SUB ROTINI W/MEAT SAUCE ROMAINE SALAD FRESH CAULIFLOWER FRUIT COCKTAIL RED DELICIOUS APPLES	10 PEPPER STEAK CHICKEN STRIPS POT STICKERS SEASONED CARROTS FRESH BROCCOLI SOUR RAISINS SLICED PEARS	11 TANGERINE CHICKEN TERIYAKI BEEF BITES FRIED RICE SEASONED PEAS CELERY STICKS STRAWBERRIES GALA APPLE
14 MAC & CHEESE BOWL BOSCO STICKS W/MARINARA SAUCE FRENCH FRIES GRAPE TOMATOES APPLESAUCE BANANA	15 CHEESEBURGER CALZONE TOTS CELERY STICKS STRAWBERRIES RED GRAPES	16 SLOPPY JOE GARLIC PULL APARTS W/MARINARA SAUCE STEAMED CARROTS CUCUMBER SLICES GRAPES WATERMELON	17 CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN BANANA FRUITCOCKTAIL	18 NO SCHOOL MAKE UP DAY
21 TENDERLOIN HOT DOG POTATO WEDGES SEASONED CARROTS GRANNY SMITH APPLE RAISIN	22 CHICKEN FINGERS SLIDERS FRENCH FRIES BAKED BEANS MANDARIN ORANGES RAISINS	23 DEEP DISH PIZZA HAM & TURKEY SUB BABY CARROTS STEAMED BROCCOLI GALA APPLES KIWI	24 COUNTRY FRIED STEAK CHICKEN DRUMSTICK W/DINNER ROLL MASHED POTATOES SEASONED GREEN BEANS ORANGE SMILES SLICED PEACHES	25 HOT HAM & CHEESE BIG DADDY PIZZA ROMAINE SALAD STEAMED BROCCOLI STRAWBERRIES RED GRAPES
28 HAMBURGER W/ CHEESE PORK RIBLET FRENCH FRIES SEASONED PEAS CLEMENTINE BANANA	29 CHICKEN SANDWICH BURRITO SEASONED CARROTS BAKED BEANS DICED PEACHES KIWI	30 BBQ PORK SANDWICH NACHOS SEASONED REFRIED BEANS ROMAINE LETTUCE& SHRD CHEESE FLAVORED APPLESAUCE CLEMENTINE DING DONG DESSERT		



OFFERED DAILY

Choice of Milk, Juice and Fresh Fruit & Vegetables

Canned and Fresh Fruit & Vegetables

ALACART Milk .40

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MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

Rotating Entrée's

Cold Sandwich Yogurt Pack

Uncrustables Parfaits

Nachos