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United States Department of Agriculture

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**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.

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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:**
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1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o´

**fax:**
(833) 256-1665 o´ (202) 690-7442; o´

**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?

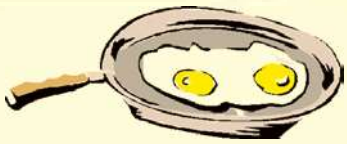
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"




## WHAT'S FOR BREAKFAST?







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



This institution is an equal opportunity provider.

BREAKFAST

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

# MAY 2025

## ROCHESTER HIGH SCHOOL

Manager: AMANDA WEYANT

Leah Sutton
Autumn Hughes
Lisa Townsend
Carolina Lira
Missy Smith
Robin Gray
Kathryn Dereski

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1<br>BREAKFAST<br>TOASTER PASTRY<br>APPLESAUCE<br>STRAW/KIWI JUICE | 2<br>BREAKFAST<br>SANDWICH<br>MIXED FRUIT<br>GRAPE JUICE |
| 5<br>BREAKFAST<br>BURRITO<br>MIXED FRUIT<br>GRAPE JUICE | 6<br>BREAKFAST PIZZA<br>PEARS<br>ORANGE JUICE | 7<br>BISCUITS & GRAVY<br>PEACHES<br>APPLE JUICE | 8<br>BREAKFAST<br>TOASTER PASTRY<br>APPLESAUCE<br>STRAW/KIWI JUICE | 9<br>NO SCHOOL<br>MAKE UP DAY |
| 12<br>BREAKFAST<br>BURRITO<br>MIXED FRUIT<br>GRAPE JUICE | 13<br>BREAKFAST PIZZA<br>PEARS<br>ORANGE JUICE | 14<br>BISCUITS & GRAVY<br>PEACHES<br>APPLE JUICE | 15<br>BREAKFAST<br>TOASTER PASTRY<br>APPLESAUCE<br>STRAW/KIWI JUICE | 16<br>BREAKFAST<br>SANDWICH<br>MIXED FRUIT<br>GRAPE JUICE |
| 19<br>BREAKFAST<br>BURRITO<br>MIXED FRUIT<br>GRAPE JUICE | 20<br>BREAKFAST PIZZA<br>PEARS<br>ORANGE JUICE | 21<br>BISCUITS & GRAVY<br>PEACHES<br>APPLE JUICE | 22<br>BREAKFAST<br>TOASTER PASTRY<br>APPLESAUCE<br>STRAW/KIWI JUICE | 23<br>BREAKFAST<br>SANDWICH<br>MIXED FRUIT<br>GRAPE JUICE |
| 26<br>NO SCHOOL<br>MEMORIAL DAY | 27<br>BREAKFAST PIZZA<br>PEARS<br>ORANGE JUICE | 28<br>BISCUITS & GRAVY<br>PEACHES<br>APPLE JUICE | 29<br>BREAKFAST<br>TOASTER PASTRY<br>APPLESAUCE<br>STRAW/KIWI JUICE | 30<br>FREE SUMMER MEALS<br>CHECK OUT OUR<br>JUNE AND JULY MENUS<br>POSTED TO OUR WEBSITE<br>Starting June 2nd |

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 am Wed. 7:45 am

ALACART Milk .40

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

LUNCH

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

# MAY 2025
## ROCHESTER HIGH SCHOOL

**Manager: AMANDA WEYANT**

Leah Sutton
Autumn Hughes
Lisa Townsend
Carolina Lira
Missy Smith
Robin Gray
Kathryn Dereski

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1<br>**MOSTACCIOLI**<br>**HOT HAM & CHEESE**<br>CAESAR SALAD<br>SEASONED CARROTS<br>SLICED PEARS<br>FUJI APPLES | 2<br>**SAUSAGE OR PEPP PIZZA**<br>W/MARINARA SAUCE<br>**FISH SANDWICH**<br>WEDGE FRIES<br>ROMAINE SALAD<br>GRANNY SMITH APPLES<br>RAISINS |
| 5<br>**BEEF PEPPER STEAK BOWL**<br>**BBQ CHICKEN SUB**<br>SEASONED CORN<br>FRESH BROCCOLI<br>WARM APPLE SLICES<br>GOLDEN DELICIOUS APPLE | 6<br>**BEEF OR CHICKEN**<br>**NACHOS OR SOFT TACO**<br>BLACK BEANS<br>PEPPERS RINGS<br>GALA APPLES<br>SLICED PEACHES | 7<br>**BBQ OR HOT HONEY**<br>**CHICKEN WINGS**<br>W/ BREADSTICKS<br>FRENCH FRIES<br>CELERY<br>FLAVORED APPLESAUCE<br>BANANA | 8<br>**CORN DOG**<br>**CHICKEN & NOODLES**<br>W/ROLLS<br>MASHED POTATOES<br>SEASONED GREEN BEANS<br>ORANGES<br>RED DELICIOUS APPLE | 9<br>**FISH TACOS**<br>**BIG DADDY PIZZA**<br>W/ MARINARA<br>CHERRY TOMATOES<br>ROMAINE TOSSED SALAD<br>SLICED PEARS<br>FRUIT COCKTAIL |
| 12<br>**ORANGE CHICKEN BOWL**<br>**TERIYAKI BEEF BITES**<br>W/ LO MEIN<br>STEAMED BROCCOLI<br>FRESH CARROTS<br>MANDARIN ORANGES<br>GALA APPLE | 13<br>**PHILLY STEAK**<br>**FAJITA CHICKEN OR BEEF**<br>PEPPERS & ONIONS<br>TOMATOES, LETTUCE<br>REFRIED BEANS<br>CLEMENTINE<br>PEACH CUPS | 14<br>**CONEY CHEESE DOG**<br>**CHICKEN NUGGETS**<br>W/ BREADSTICK<br>POTATOES<br>CELERY<br>APPLESAUCE<br>MIXED FRUIT | 15<br>**SLOPPY JOE ON BUN**<br>**SPAGHETTI**<br>W/MEAT SAUCE<br>STEAMED BROCCOLI<br>SLICED PEACHES<br>FUJI APPLES | 16<br>**CHEESE PIZZA**<br>W/MARINARA SAUCE<br>**FISH SANDWICH**<br>WEDGE FRIES<br>ROMAINE SALAD<br>GRANNY SMITH APPLES<br>RAISINS |
| 19<br>**SLICED HAM**<br>**COUNTRY FRIED STEAK**<br>DINNER ROLL<br>MASHED POTATOES<br>CORN<br>SLICED PEARS<br>STRAWBERRIES<br>WHITE CAKE | 20<br>**BEEF SOFT TACO**<br>**CHICKEN SANDWICH**<br>REFRIED BEANS<br>TOMATOES, LETTUCE<br>CLEMENTINE<br>PEACH CUPS | 21<br>**SHRIMP POPPERS**<br>**CHICKEN TENDERS**<br>W/CHEDDAR BISCUIT<br>SEASONED CARROTS<br>CELERY<br>APPLESAUCE<br>KIWI | 22<br>**CORN DOG**<br>**CHICKEN & NOODLES**<br>W/ROLLS<br>MASHED POTATOES<br>SEASONED GREEN BEANS<br>ORANGES<br>RED DELICIOUS APPLE | 23<br>**FISH TACOS**<br>**BIG DADDY PIZZA**<br>W/ MARINARA<br>CHERRY TOMATOES<br>ROMAINE TOSSED SALAD<br>SLICED PEARS<br>WARM APPLE SLICES |
| 26<br>**GENERAL TSO CHICKEN**<br>**TERIYAKI BEEF BITES**<br>W/ LO MEIN<br>BROCCOLI<br>CARROTS<br>MANDARIN ORANGES<br>GALA APPLE | 27<br>**PHILLY STEAK**<br>**FAJITA CHICKEN OR BEEF**<br>PEPPERS & ONIONS<br>TOMATOES, ROMAINE LETTUCE<br>REFRIED BEANS<br>MIXED FRUIT<br>PEACH CUPS | 28<br>**GYRO**<br>**BBQ PORK SANDWICH**<br>MIXED VEGGIES<br>BABY CARROTS<br>APPLESAUCE<br>MIXED FRUIT | 29<br>**CHICKEN**<br>**BOSCOS**<br>W/ MARINARA & CHEESE SAUCE<br>CHIPS<br>SLICED PEARS<br>GOLDEN DELICIOUS APPLE<br>NO BAKE COOKIE | 30<br>**FREE SUMMER MEALS**<br>**CHECK OUT OUR**<br>**JUNE AND JULY MENUS**<br>**POSTED TO OUR WEBSITE**<br>**Starting June 2nd** |

**ALACARTE REIMBURSABLE ENTRÉE**
**MONDAY: MINI CORN DOGS**
**TUESDAY: CALZONE**
**WEDNESDAY: BOSCO'S/CHEESY BREAD**
**THURSDAY: CHICKEN**
**FRIDAY: CHEESEBURGER/CRUNCHERS**

MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER---
MENU SUBJECT TO CHANGE BASED ON AVAILABLE
ONLINE DEPOSITS DO NOT POST IMMEDIATELY TO ACCOUNTS

**ROTATING REIMBURSABLE ENTREES**

| | |
|---|---|
| ENTRÉE SALADS | HOMEMADE PB&J |
| WRAPS | FRUIT & MEAT CUP |
| COLD SANDWICH | YOGURT & STRING CHEESE |
| PARFAITS | UNCRUSTABLES |