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.

USDA
United States Department of Agriculture

FNS USE ONLY SOLO PARA FNS



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

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.

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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
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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.

BREAKFAST

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

MARCH 2025
ROCHESTER HIGH SCHOOL

Manager: AMANDA WEYANT
Stephanie Miller
Autumn Hughes
Lisa Townsend
Carolina Lira
Missy Smith
Robin Gray
Kathryn Pionke

Monday	Tuesday	Wednesday	Thursday	Friday
3 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	4 BREAKFAST PIZZA PEARS ORANGE JUICE	5 BREAKFAST CASSEROLE PEACHES APPLE JUICE	6 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	7 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
10 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	11 BREAKFAST PIZZA PEARS ORANGE JUICE	12 BREAKFAST CASSEROLE PEACHES APPLE JUICE	13 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	14 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
17 SPRING BREAK NO SCHOOL	18 SPRING BREAK NO SCHOOL	19 SPRING BREAK NO SCHOOL	20 SPRING BREAK NO SCHOOL	21 SPRING BREAK NO SCHOOL
24 INTERSESSION NO SCHOOL	25 INTERSESSION NO SCHOOL	26 INTERSESSION NO SCHOOL	27 INTERSESSION NO SCHOOL	28 SPRING BREAK NO SCHOOL
31 PANCAKES DICED PEACHES FRUIT PUNCH JUICE				

OFFERED DAILY
Choice of Milk, Juice and Fresh Fruits

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

MARCH 2025
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Manager: AMANDA WEYANT

Stephanie Miller
Autumn Hughes
Lisa Townsend
Carolina Lira
Missy Smith
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Kathryn Pionke

Monday	Tuesday	Wednesday	Thursday	Friday
3 SPAGHETTI MEATBALL SUB ROMAINE TOSSED SALAD STEAMED BROCCOLI CINNAMON APPLESAUCE GOLDEN DELICIOUS APPLE	**4** BEEF SOFT TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS GALA APPLES SLICED PEACHES	**5** CHILI OR TOMATO SOUP W/ GRILLED CHEESE CALIFORNIA BLEND CELERY & CARROTS STRAWBERRIES SLICED PEARS	**6** CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN ORANGES RED DELICIOUS APPLE	**7** BIG DADDY PIZZA W/MARINARA FISH TACOS SEASONED CORN ROMAINE TOSSED SALAD SLICED PEARS STRAWBERRIES/WHITE CAKE
10 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLES	**11** WALKING TACO HOT & SPICY BLACK BEANS MIXED VEGETABLES GALA APPLE BANANA	**12** BBQ PORK CHICKEN TENDERS W/BREADSTICK SPIRAL POTATOES CELERY APPLESAUCE MIXED FRUIT	**13** MOSTACCIOLI HOT HAM & CHEESE CAESAR SALAD SEASONED PEAS SLICED PEARS FUJI APPLES	**14** CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH RED RADISH TOSSED SALAD W/CHEESE PEACH CUP RAISINS
17 **SPRING BREAK** **NO SCHOOL**	**18** **SPRING BREAK** **NO SCHOOL**	**19** **SPRING BREAK** **NO SCHOOL**	**20** **SPRING BREAK** **NO SCHOOL**	**21** **SPRING BREAK** **NO SCHOOL**
24 **INTERSESSION**	**25** **INTERSESSION**	**26** **INTERSESSION**	**27** **INTERSESSION**	**28** **SPRING BREAK** **NO SCHOOL**
31 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLES				

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

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MENU SUBJECT TO CHANGE BASED ON AVAILABLE
ONLINE DEPOSITS DO NOT POST IMMEDIATELY

ROTATING REIMBURSABLE ENTREES
ENTRÉE SALADS
WRAPS
COLD SANDWICH
PARFAITS
HOMEMADE PB&J
FRUIT & MEAT CUP
YOGURT & STRING CHEESE
UNCRUSTABLES