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
Office of the Assistant Secretary for Civil Rights
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.

LUNCH

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

MARCH 2025
ROCHESTER MIDDLE SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 HAMBURGER W/CHEESE CHICKEN CHUNKS W/ROLL EMOJI/SPIRAL/WEDGE POTATOES SEASONED PEAS DICED PEACHES GALA APPLE	**4** NACHOS BBQ PORK SANDWICH SEASONED REFRIED BEANS ROMAINE LETTUCE SHREDDED CHEESE WARM APPLE SLICES MIXED FRUIT	**5** CHICKEN SANDWICH HOT HAM & CHEESE W/PIZZA SAUCE SEASONED CARROTS FRESH CAULIFLOWER FLAVORED APPLESAUCE GRAPES	**6** SALISBURY STEAK CHICKEN AND NOODLES W/ROLL MASHED POTATOES SEASONED CORN GOLDEN DELICIOUS APPLES FRESH PEARS	**7** CHEESE PIZZA FISH SANDWICH CHERRY TOMATOES CELERY RED APPLE DICED PEACHES
10 SLICED HAM COUNTRY FRIED STEAK W/DINNER ROLL MASHED POTATOES CAULIFLOWER STRAWBERRIES KIWI'S	**11** SOFT TACO SLOPPY JOE SEASONED REFRIED BEANS ROMAINE LETTUCE SHREDDED CHEESE MIXED FRUIT BANANA	**12** CORN DOG CALZONE BAKED BEANS FRENCH FRIES CUTIES RAISINS	**13** HOT & SPICY SANDWICH HOT DOG W/SHREDDED CHEESE MIXED VEGETABLES RED PEPPERS WARM APPLE SLICES ORANGE	**14** TENDERLION ORANGE CHICKEN BOWL BABY CARROTS FRESH BROCCOLI DICED PEACHES MANDARIN ORANGES
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 HAMBURGER W/CHEESE CHICKEN CHUNKS W/ROLL WEDGE POTATOES SEASONED PEAS DICED PEACHES GALA APPLE				

OFFERED DAILY
Choice of Milk, Juice and Fresh
Canned and Fresh Fruit & Vegetables

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

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

ALACART Milk .40
Rotating Entrée's

Uncrustables
Nachos
Cold Sandwich
Parfaits
Wraps
Yogurt Pack

BREAKFAST

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

MARCH 2025
ROCHESTER MIDDLE SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 FRENCH TOAST APPLESAUCE ORANGE JUICE	4 WARM MUFFIN SLICED PEARS APPLE JUICE	5 BISCUITS & GRAVY FRUIT COCKTAIL GRAPE JUICE	6 MINI PANCAKES WARM APPLE SLICES FRUIT PUNCH	7 CINN A MINI DICED PEACHES ORANGE JUICE
10 WARM CREAM CHEESE BAGEL CUTIE APPLE JUICE	11 PANCAKE ON A STICK KIWI FRUIT PUNCH	12 PULL APART DONUTS FLAVORED APPLESAUCE FRUIT PUNCH	13 BREAKFAST PIZZA MIXED FRUIT ORANGE JUICE	14 BANANA OATMEAL CHOCOLATE CHIP COOKIE APPLESAUCE 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	25 INTERSESSION	26 INTERSESSION	27 INTERSESSION	28 SPRING BREAK NO SCHOOL
31 FRENCH TOAST APPLESAUCE ORANGE 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
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ALACART Milk .40

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

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