BREAKFAST

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

AUGUST 2024

ROCHESTER HIGH SCHOOL

Manager: AMANDA WEYANT

Leah Sutton
Kathryn Pionke
Deb Early
Robin Gray
Autumn Hughes
Valerie Conley
Missy Smith



Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SCHOOL	2 BREAKFAST CASSEROLE PEACHES APPLE JUICE
5 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	6 BREAKFAST PIZZA PEARS ORANGE JUICE	7 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE	8 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	9 BREAKFAST CASSEROLE PEACHES APPLE JUICE
12 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	13 BREAKFAST PIZZA PEARS ORANGE JUICE	14 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE	15 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	16 BREAKFAST CASSEROLE PEACHES APPLE JUICE
19 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	20 BREAKFAST PIZZA PEARS ORANGE JUICE	21 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE	22 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	23 BREAKFAST CASSEROLE PEACHES APPLE JUICE
26 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	27 BREAKFAST PIZZA PEARS ORANGE JUICE	28 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE	29 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	30 BREAKFAST CASSEROLE PEACHES APPLE JUICE

OFFERED DAILY WHEN AVAILABLE
BENEFIT BARS, CEREAL, CEREAL BARS
DONUTS, POPTARTS, MUFFINS, PASTRIES
FRUDELS, PULL APARTS, BAGELS
Choice of Milk, Choice of Juice, Canned and fresh fruit

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

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

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 **NO SCHOOL**	2 **BREADED TENDERLOIN CHICKEN TENDERS** FRENCH FRIES BAKED BEANS DICED PEACHES GALA APPLE
5 **HOT HAM & CHEESE CHEESEBURGER** GLAZED CARROTS CUCUMBER SLICES APPLESAUCE ORANGE	6 **WALKING TACO HOT & SPICY** BLACK BEANS RED PEPPER RINGS BERRIES SLICED PEARS	7 **BBQ PORK CHICKEN TENDERS** W/BREADSTICK WEDGE POTATOES BAKED BEANS FRUIT COCKTAIL GRANNY SMITH APPLE	8 **CORN DOG CHICKEN & NOODLES** W/ROLL MASHED POTATOES SEASONED GREEN BEANS APRICOT CUP RED DELICIOUS APPLE	9 **BIG DADDY PIZZA** W/MARINARA SAUCE **FISH STICKS** W/BREADSTICK SEASONED CORN ROMAINE TOSSED SALAD PINEAPPLE
12 **ASIAN CHICKEN BOWL TERIYAKI BEEF BITES** W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGE CINNAMON APPLE SLICES	13 **FAJITA CHICKEN OR STEAK** RED PEPPERS, ONIONS CHERRY TOMATOES REFRIED BEANS MIXED FRUIT KIWI	14 **CHICKEN WINGS BBQ OR HOT** W/ BREADSTICKS FRENCH FRIES CELERY DICED PEACHES BANANA	15 **MOSTACCIOLI ITALIAN SUB** CAESAR SALAD SEASONED PEAS APPLESAUCE HONEYDEW	16 **CHEESE PIZZA** W/MARINARA SAUCE **FISH SANDWICH** HASH BROWNS CALIFORNIA BLEND SLICED PEARS WATERMELON
19 **STROMBOLI RODEO BURGER** GLAZED CARROTS CUCUMBER SLICES APPLESAUCE ORANGE	20 **SOFT TACO HOT & SPICY CK TENDERS** BLACK BEANS RED PEPPER RINGS DICED PEACHES SLICED PEARS	21 **BOSCO'S CHICKEN NUGGETS** W/ BREADSTICKS WEDGE POTATOES BAKED BEANS FRUIT COCKTAIL GRANNY SMITH APPLE	22 **COUNTRY FRIED STEAK CHICKEN & NOODLES** W/ROLL MASHED POTATOES SEASONED GREEN BEANS APRICOT CUP RED DELICIOUS APPLE	23 **PIZZA** W/MARINARA SAUCE **FISH TACO** SEASONED CORN ROMAINE TOSSED SALAD PINEAPPLE CANTALOUPE
26 **ASIAN CHICKEN BOWL TERIYAKI BEEF BITES** W/ LO MEIN STEAMED BROCCOLI FRESH CAULIFLOWER MANDARIN ORANGE CINNAMON APPLE SLICES	27 **FAJITA CHICKEN OR STEAK** RED PEPPERS, ONIONS CHERRY TOMATOES REFRIED BEANS MIXED FRUIT KIWI	28 **CHICKEN WINGS BBQ OR HOT** W/ BREADSTICKS FRENCH FRIES CELERY DICED PEACHES BANANA	29 **MAC & CHEESE ITALIAN SUB** CAESAR SALAD SEASONED PEAS APPLESAUCE HONEYDEW	30 **BIG DADDY PIZZA FISH SANDWICH** W/MARINARA SAUCE HASH BROWNS CALIFORNIA BLEND SLICED PEARS WATERMELON

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

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

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

ROTATING REIMBURSABLE ENTREES

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

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

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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.

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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:

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Washington, D.C. 20250-9410; o´

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correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.