BREAKFAST

PAID : $1.90 REDUCED: 40¢
ADULTS/GUEST: $2.50

JANUARY 2025
ROCHESTER MIDDLE SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY NEW YEAR	1 WINTER BREAK NO SCHOOL	2 WINTER BREAK NO SCHOOL	3 WINTER BREAK NO SCHOOL
6 BREAKFAST CALZONE STUFFED WITH SAUSAGE GRAVY & CHEESE DICED PEACHES FRUIT PUNCH JUICE	7 MINI MAPLE WAFFLES W/BACON ORANGE SLICES APPLE JUICE	8 CHOCOLATE CRESCENT SLICED PEARS GRAPE JUICE	9 GOOD GRAVY PIZZA CUTIES APPLE JUICE	10 WARM CINNAMON ROLL RAISINS GRAPE JUICE
13 BREAKFAST BAGEL BANANA ORANGE JUICE	14 MINI CHOCOLATE CHIP FRENCH TOAST W/BACON GALA APPLE FRUIT PUNCH	15 TRIX FRENCH TOAST W/SAUSAGE DICED PEACHES APPLE JUICE	16 FRUIT FRUDEL W/ICING FRUIT COCKTAIL GRAPE JUICE	17 WARM STRAWBERRY BAGEL GRAPES ORANGE JUICE
20 PANCAKE ON A STICK SLICED PEARS APPLE JUICE	21 CONFETTI PANCAKES W/HAM APPLESAUCE FRUIT PUNCH JUICE	22 FRENCH TOAST STICKS W/SAUSAGE YELLOW DELICIOUS APPLE ORANGE JUICE	23 WARM CINNA MINI DICED PEACHES GRAPE JUICE	24 RED BREAKFAST PIZZA RAISELS APPLE JUICE
27 BREAKFAST CALZONE STUFFED WITH SAUSAGE GRAVY & CHEESE DICED PEACHES FRUIT PUNCH JUICE	28 MINI MAPLE WAFFLES W/BACON ORANGE SLICES APPLE JUICE	29 CHOCOLATE CRESCENT SLICED PEARS GRAPE JUICE	30 GOOD GRAVY PIZZA CUTIES APPLE JUICE	31 WARM CINNAMON ROLL RAISINS 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

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Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY NEW YEAR	1 WINTER BREAK NO SCHOOL	2 WINTER BREAK NO SCHOOL	3 WINTER BREAK NO SCHOOL
6 GARLIC PULL-APART CHICKEN PATTY SANDWHICH FRENCH FRIES SEASONED PEAS MIXED FRUIT CLEMENTINE	7 BEEF FIESTADA PIZZA POCKET RAVIOLI W//BREADSTICK CURLY FRIES SEASONED MIXED VEGETABLES CINNAMON APPLESAUCE ORANGES	8 BBQ PORK SANDWICH TENDERLOIN BAKED BEANS CHEESEY BROCCOLI SLICED PEARS GOLDEN DELICIOUS APPLE	9 BAKED CHICKEN LEG COUNTRY BAKED STEAK W/GRAVY DINNER ROLL MASHED POTATOES SEASONED CORN MANDARIN ORANGES APRICOT CUP	10 SLOPPY JOE CHEESE PIZZA W/MARINARA SAUCE ROMAINE SALAD BABY CARROTS GRAPES FRUIT COCKTAIL
13 HAMBURGER PEPPERONI POCKET CHEESE FRIES BAKED BEANS MANDARIN ORANGES RAISINS	14 ROTINI PASTA W/MEAT STROMBOLI ROLL BROCCOLI BITES RED RADISH SLICED PEARS APPLE SAUCE	15 CALZONE W/MARINARA CHEESEBURGER SLIDERS FRENCH FRIES SEASONED CARROTS FRUIT COCKTAIL GRANNY SMITH APPLE	16 MACARONI & CHEESE CORN DOG STEAMED BROCCOLI CELERY STICKS GOLD APPLE SLICES RAISINS	17 SPAGHETTI W/MEATSAUCE HOT HAM & CHEESE ROMAINE SALAD CUCUMBER SLICES GALA APPLE ORANGES SLICES
20 HOT DOG BBQ RIBLET WEDGE FRIES STEAMED BROCCOLI W/CHEESE DRIZZLE CINNAMON APPLESAUCE GALA APPLE	21 TURKEY & CHEESE FLOUR BEEF TACO REFRIED BEANS TOMATOES MIXED FRUIT ORANGES	22 HOT & SPICY SANDWICH CHEESEBURGER CHEESY POTATOES SEASONED CARROTS RED DELICIOUS APPLE DICED PEARS	23 CHICKEN & NOODLES SALISBURY STEAK W/ BREADSTICK MASHED POTATOES SEASONED GREEN BEANS MIXED FRUIT GOLDEN DELICIOUS APPLE	24 BIG DADDY PIZZA W/MARINARA SAUCE SUPER SUB ROMAINE SALAD BABY CARROTS RAISELS DICED PEACHES
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OFFERED DAILY
Choice of Milk, Juice and Fresh
Canned and Fresh Fruit & Vegetables

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MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

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.

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:

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U.S. Department of Agriculture
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1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o´

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Esta institución ofrece igualdad de oportunidades.