BREAKFAST

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

# AUGUST 2024
# ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant
PAMELA SHIPPY
MISSY SMITH
JEANNETTE PICO LIRA
SHEILA BOHM



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1<br>NO SCHOOL | 2<br>RED BREAKFAST PIZZA<br>DICED PEACHES<br>GRAPE JUICE |
| 5<br>PANCAKE ON A STICK<br>APRICOTS<br>APPLE JUICE | 6<br>CONFETTI PANCAKES<br>W/HAM<br>APPLESAUCE<br>FRUIT PUNCH JUICE | 7<br>FRENCH TOAST STICKS<br>W/SAUSAGE<br>DICED PEACHES<br>ORANGE JUICE | 8<br>GOOD GRAVY PIZZA<br>PEARS<br>APPLE JUICE | 9<br>WARM CINNAMON ROLL<br>W/ICING<br>RAISINS<br>GRAPE JUICE |
| 12<br>BREAKFAST CALZONE<br>W/STUFFED WITH SAUSAGE GRAVY & CHEESE<br>BANANA<br>FRUIT PUNCH JUICE | 13<br>MINI MAPLE WAFFLES<br>W/BACON<br>ORANGE SLICES<br>APPLE JUICE | 14<br>CHOCOLATE CRESCENT<br>SLICED PEARS<br>GRAPE JUICE | 15<br>TRIX FRENCH TOAST<br>W/SAUSAGE<br>DICED PEACHES<br>ORANGE JUICE | 16<br>BACON, EGG & CHEESE PIZZA<br>CLEMENTINE<br>FRUIT PUNCH JUICE |
| 19<br>FROOT LOOP WAFFLE<br>W/ HAM<br>WARM APPLE SLICES<br>GRAPE JUICE | 20<br>SAUSAGE & CHEESE BISCUIT<br>PINEAPPLE TIDBITS<br>ORANGE JUICE | 21<br>CHICKEN & WAFFLES<br>MIXED FRUIT<br>FRUIT PUNCH JUICE | 22<br>CINNAMON TOAST CRUNCH BAR<br>GRAPES<br>GRAPE JUICE | 23<br>HAM & CHEESE BISCUIT<br>DICED PEACHES<br>ORANGE JUICE |
| 26<br>PANCAKE ON A STICK<br>APRICOTS<br>APPLE JUICE | 27<br>CONFETTI PANCAKES<br>W/HAM<br>APPLESAUCE<br>FRUIT PUNCH JUICE | 28<br>FRENCH TOAST STICKS<br>W/SAUSAGE<br>DICED PEACHES<br>ORANGE JUICE | 29<br>GOOD GRAVY PIZZA<br>PEARS<br>APPLE JUICE | 30<br>WARM CINNAMON ROLL<br>W/ICING<br>RAISINS<br>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 AVAILABLE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Breakfast: (Mon, Tues, Thurs, Fri) 7:30-8:00 Breakfast: (Wednesday) 8:00 - 8:30

ALACART Milk .40

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com

LUNCH

PAID: $2.95 REDUCED: 40¢

**ADULTS/GUEST: $4.60**

# AUGUST 2024
# ROCHESTER MIDDLE SCHOOL

**Manager Joshua Weyant**
PAMELA SHIPPY
MISSY SMITH
JEANNETTE PICO LIRA
SHEILA BOHM



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1<br>**NO SCHOOL** | 2<br>**HOT HAM & CHEESE**<br>**BIG DADDY PIZZA**<br>W/MARINARA SAUCE<br>ROMAINE SALAD<br>MIXED VEGETABLE<br>DICED PEACHES<br>BANANA |
| 5<br>**HOT DOG**<br>**TENDERLOIN**<br>WEDGE FRIES<br>BAKED BEANS<br>CINNAMON APPLESAUCE<br>GALA APPLE | 6<br>**SPAGHETTI** W/MEATSAUCE<br>**MINI CORN DOGS**<br>ROMAINE SALAD<br>CUCUMBER SLICES<br>APRICOT<br>ORANGES SLICES | 7<br>**CHICKEN NUGGETS**<br>**BRD MOZZARELLA STICKS**<br>W/MARINARA SAUCE<br>SEASONED CARROTS<br>CELERY<br>MIXED FRUIT<br>SOUR RAISILS | 8<br>**BAKED CHICKEN LEG**<br>**SALISBURY STEAK**<br>DINNER ROLL<br>RED SKINNED MASHED POTATOS<br>SEASONED CORN<br>SLICED PEARS<br>KIWI | 9<br>**BBQ PORK SANDWICH**<br>**HOT ITALIAN SUB**<br>FRENCH FRIES<br>SEASONED GREEN BEANS<br>SLICED PEARS<br>RED GRAPES<br>ICE CREAM CUP |
| 12<br>**HAMBURGER**<br>**CHICKEN BITES**<br>W/ BBQ SAUCE & DINNER ROLL<br>CHEESE FRIES<br>BROCCOLI BITES<br>MANDARINE ORANGES<br>RAISINS | 13<br>***H&S CK TENDERS**<br>**STROMBOLI ROLL**<br>SEASONED PEAS<br>RED RADISH<br>SLICED PEARS<br>APRICOT CUP | 14<br>**CALZONE**<br>**CHICKEN FRIES**<br>FRENCH FRIES<br>CARROTS<br>WATERMELON<br>GRANNY SMITH APPLE | 15<br>**SLIDERS**<br>**FLOUR BEEF TACO**<br>REFRIED BEANS<br>ROMANIE LETTUCE<br>MIXED FRUIT<br>APPLESAUCE | 16<br>**SAUSAGE PIZZA**<br>W/MARINARA SAUCE<br>**HOT ITALIAN SUB**<br>SEASONED CORN<br>EMOJI POTATOS<br>PINEAPPLE<br>KIWI |
| 19<br>**CHEESEBURGER**<br>***H&S CK SANDWHICH**<br>MINI POTATO MASHERS<br>CUCUMBER SLICES<br>APRICOT CUPS<br>RED DELICIOUS APPLE | 20<br>**BEEF FIESTADA PIZZA POCKET**<br>**CHICKEN NUGGETS**<br>W//BREADSTICK<br>FRENCH FRIES<br>RED PEPPER RINGS<br>CINNAMON APPLESAUCE<br>ORANGE SMILES | 21<br>**POPCORN FISH**<br>**TENDERLOIN**<br>BAKED BEANS<br>CHEESEY BROCCOLI<br>SLICED PEARS<br>KIWI | 22<br>**CHICKEN & NOODLES**<br>**COUNTRY BAKED STEAK**<br>DINNER ROLL<br>MASHED POTATOS<br>SEASONED CORN<br>MANDARIN ORANGES<br>APRICOT CUP | 23<br>**SAUSAGE PIZZA**<br>W/MARINARA SAUCE<br>**QUESADILLA CK & CHEESE**<br>ROMAINE SALAD<br>BABY CARROTS<br>GRAPES<br>FRUIT COCKTAIL |
| 26<br>**GARLIC PULL-APART**<br>**CHICKEN TENDERS**<br>FRENCH FRIES<br>SEASONED PEAS<br>MIXED FRUIT<br>CLEMENTINE | 27<br>**MACARONI & CHEESE**<br>W/HAM SLICE<br>**PEPPERONI RIPPERS**<br>SEASONED CARROTS<br>BROCCOLI<br>MIXED FRUIT<br>DICED PEACHES | 28<br>**BIG DADDY PIZZA**<br>**BOSCO'S**<br>W/MARINARA SAUCE<br>CUCUMBER SLICES<br>CELERY STICKS<br>DICED PEACHES<br>HONEYDEW | 29<br>**CHICKEN STRIPS**<br>**PIZZA DIPPERS**<br>SEASONED LIMA BEANS<br>MASHED POTATOES<br>SLICED PEARS<br>WATERMELON | 30<br>**STUFFED CRUST PIZZA**<br>**CORN DOG**<br>ROMAINE SALAD<br>MIXED VEGETABLE<br>DICED PEACHES<br>BANANA |

**OFFERED DAILY**
**Choice of Milk, Juice and Fresh/or**
**Canned Vegetables and Fresh /Canned Fruit**

***DENOTES HOT & SPICY**

**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 ENTREES**
**YOGURT PACKS, COLD SANDWHICHES**
**LUNCHABLES and 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:

**correo postal:**
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Washington, D.C. 20250-9410; o´

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(833) 256-1665 o´ (202) 690-7442; o´

**correo electrónico:**
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.