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?

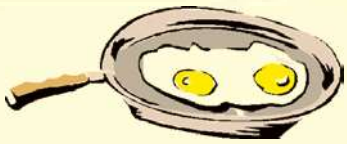
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



WHAT'S FOR BREAKFAST?







Cereal	Fruit
Toast	Waffles
Muffins	Hot Cereal
Sweet	Bagels
Rolls	English Muffins
Pancakes	Milk
Eggs	



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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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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.

Offer Versus Serve (OVS) at Breakfast

Notification Letter for Households

Our school nutrition department participates in the School Breakfast Program, and implements Offer versus Serve. OVS allows students to decline some of the food offered as part of a complete meal. The goals of OVS are to reduce food waste in the school nutrition programs and to allow students more customization of the meal they select. For general OVS guidelines, please read the Understanding the Breakfast Line section below.

Understanding the Breakfast Line

At breakfast, all students have the opportunity to take, at a minimum, **milk**, **fruit**, and **grains**. We also may add **protein** and **vegetables** to the breakfast offerings. While the most nutritious breakfast contains all of the offered items, we understand that sometimes our students do not like some of the items we serve. To make our customers happy, we like to give them the option to decline items they do not want to eat.

For breakfast, students must choose at least three offered items for their meal. One of the items selected must be a fruit or vegetable.

Example Menu for Breakfast*

Egg Sandwich on a Biscuit (noted here as one item)
1/2 cup **Seasoned Potatoes**
1 cup **Strawberries**
8oz of **Milk**

With Offer versus Serve at breakfast, your student could choose:

- Seasoned Potatoes, Strawberries, and Milk (**Vegetable** + **Fruit** + **Milk**)
- Biscuit Sandwich, Strawberries, and Milk (**Grain** + **Fruit** + **Milk**)
- Biscuit Sandwich, Strawberries, and Seasoned Potatoes (**Grain** + **Fruit** + **Vegetable**)

Even though the school participates in Offer versus Serve, students are not required to decline items and can take all items offered. The choice is up to them! If your student comes home and says they did not get enough to eat at breakfast, ask if they are taking all of the items offered to them. Don't hesitate to reach out to Wendy Bower Food Service Director, wendy.bower@zebras.net , if you have any questions about the menu.

*Keep in mind that some cafeterias offer multiple options within each food group and many offer different serving styles such as breakfast in the classroom. Talk with our team if you have any questions about the choices your student has at breakfast.

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Offer Versus Serve (OVS) at Lunch

Notification Letter for Households

Our school nutrition department participates in the National School Lunch Program, and implements Offer versus Serve. Offer versus Serve allows students to decline some of the food offered as part of a complete meal. The goals of Offer versus Serve are to reduce food waste in the school nutrition programs and to allow students more customization of the meal they select. For general OVS guidelines, please read the Understanding the Lunch Line section below.

Understanding the Lunch Line
All schools are required by USDA guidelines to have adequate signage posted in the cafeteria and on the serving line to help explain how students can create a complete meal. The friendly staff at your child's school are happy to help as well.

At lunch, all students have the opportunity to choose from menu items that fall within five important food groups, including **milk**, **protein**, **fruits**, **vegetables**, and **grains**. While the most nutritious lunch contains all of the offered items, we understand that sometimes our students do not like some of the items we serve. To make our customers happy, we like to give them the option to decline items they do not want to eat.

Out of the five food groups your student is offered, they must choose at least three food groups to make a complete meal. One of the selections must be at least ½ cup of fruit or vegetable. Students who do not create a complete meal will be charged a la carte pricing for the items selected.

Example Menu for Lunch*
Chicken Soft Taco
1/2 cup **Black Beans**
1/2 cup **Fiesta Corn**
1/2 cup **Strawberries**
1/2 cup **Diced Peaches**
8oz of **Milk**

With Offer Versus Serve at lunch, your student could choose:

- Chicken Soft Taco and Fiesta Corn (**Protein** + **Grain** + **Vegetable** = 3 food groups)
- Chicken Soft Taco, Strawberries, and Milk (**Protein** + **Grain** + **Fruit** + **Milk** = 4 food groups)
- Black Beans, Fiesta Corn, Strawberries, Milk (**Vegetable** + **Vegetable** + **Fruit** + **Milk** = 3 food groups)

Even though the school participates in Offer versus Serve, students are not required to decline items, in fact they're encouraged to take all five food groups, but the choice is up to them! If your student comes home and says they did not get enough to eat at lunch, ask if they are taking all of the food group offerings. Don't hesitate to reach out to Wendy Bower Food Service Director, wendy.bower@zebras.net , if you have any questions about the offered menu.

*Keep in mind that some cafeterias offer multiple options within each food group. Sitting down with young children to review the menu ahead of time will help ensure they are prepared as they come to the cafeteria for lunch.

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BREAKFAST

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

FEBRUARY 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 FRUIT FRUDEL W/ICING DRIZZLE FRUIT COCKTAIL GRAPE JUICE	6 MINI PANCAKES WARM APPLE SLICES FRUIT PUNCH	7 CINN A MINI PEACHES ORANGE JUICE
10 WARM CREAM CHEESE BAGEL CUTIE APPLE JUICE	11 GRAVY BREAKFAST PIZZA MIXED FRUIT GRAPE JUICE	12 PULL APART DONUTS FLAVORED APPLESAUCE FRUIT PUNCH	13 MINI WAFFLES SLICED PEARS ORANGE JUICE	14 CHOCOLATE DONUTS FRUIT COCKTAIL APPLE JUICE
17 NO SCHOOL	18 PANCAKE ON A STICK KIWI FRUIT PUNCH	19 BISCUITS & GRAVY WARM APPLE SLICES ORANGE JUICE	20 GLAZED DONUTS PEACHES APPLE JUICE	21 FRENCH TOAST FRUIT COCKTAIL GRAPE PUNCH
24 POWDERED DONUTS PEARS FRUIT PUNCH	25 RED BREAKFAST PIZZA MIXED FRUIT ORANGE JUICE	26 CINNAMON ROLL PEACHES APPLE JUICE	27 BANANA OATMEAL CHOCOLATE CHIP COOKIE APPLESAUCE GRAPE JUICE	28 CINNAMON TOAST CRUNCH SANDWICH BANANA FRUIT PUNCH



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

FEBRUARY 2025
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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 POTATO EMOJI 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 CALZONE W/PIZZA SAUCE SEASONED CARROTS ROMAINE SALAD FLAVORED APPLESAUCE GRAPES	6 SALISBURY STEAK CHICKEN AND NOODLES W/ROLL MASHED POTATOES SEASONED CORN GOLDEN DELICIOUS APPLES PEARS	7 CHEESE PIZZA SUPER SUB SANDWHICH BABY CARROTS CELERY RED APPLE DICED PEACHES
10 PANCAKE ON A STICK BISCUIT & GRAVY MIXED VEGETABLES EMOJI POTATOES ORANGE WARM APPLE SLICES	11 MEATBALL SUB W/PIZZA SAUCE MOSTACCIOLI ROMAINE SALAD BROCCOLI MIXED FRUIT GOLDEN DELICIOUS APPLES	12 CORN DOG CHICKEN QUESADILLA BAKED BEANS FRENCH FRIES CUTIES RED DELICIOUS APPLE	13 MEATLOAF W/ROLL HOT HAM & CHEESE MASHED POTATOES SEASONED MIXED VEGETABLES BABY CARROTS GALA APPLE PEARS	14 FISH NUGGETS W/ROLL BIG DADDY PIZZA HASHBROWNS BROCCOLI CAULIFLOWER DICED PEACHES STRAWBERRIES WHITE CAKE VALENTINE'S DAY
17 NO SCHOOL	18 HOT & SPICY SANDWICH FISH SANDWICH MIXED VEGETABLES FRESH CAULIFLOWER WARM APPLE SLICES ORANGE COOKIE	19 SPAGHETTI W/MEAT SAUCE TURKEY & CHEESE SUB ROMAINE SALAD SEASONED CARROTS PEACHES GOLDEN DELICIOUS APPLES	20 PIZZA RIPPERS W/PIZZA SAUCE SLIDERS BAKED BEANS PEPPERS FLAVORED APPLESAUCE SLICED PEARS	21 TENDERLION SLOPPY JOE BABY CARROTS CUCUMBER SLICES BANANA PEARS BROWNIE
24 SLICED HAM COUNTRY FRIED STEAK W/DINNER ROLL MASHED POTATOES FRESH BROCCOLI MANDARIN ORANGES RED DELICIOUS APPLE	25 SOFT TACO RIBLET SANDWICH SEASONED REFRIED BEANS ROMAINE LETTUCE SHREDDED CHEESE MIXED FRUIT KIWI	26 CHICKEN SANDWICH CALZONE W/PIZZA SAUCE SEASONED CARROTS SEASONED PEAS APPLESAUCE GRAPES	27 SALISBURY STEAK CHICKEN AND NOODLES W/ROLL MASHED POTATOES SEASONED CORN GOLDEN DELICIOUS APPLES PEARS	28 TERIYAKI BEEF BITE CHILI W/CINNAMON ROLL PEPPERS CELERY GOLDEN DELICIOUS APPLES PEARS



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

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ALACART Milk .40

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