BREAKFAST

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

JANUARY 2025
ROCHESTER HIGH SCHOOL

Manager: AMANDA WEYANT
Leah Sutton
Autumn Hughes
Lisa Townsend
Stephanie Miller
Missy Smith
Robin Gray
Kathryn Pionke
Carolina Lira

Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY NEW YEAR	1 WINTER BREAK NO SCHOOL	2 WINTER BREAK NO SCHOOL	3 WINTER BREAK NO SCHOOL
6 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	7 BREAKFAST PIZZA PEARS ORANGE JUICE	8 BREAKFAST CASSEROLE PEACHES APPLE JUICE	9 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	10 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
13 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	14 BREAKFAST PIZZA PEARS ORANGE JUICE	15 BREAKFAST CASSEROLE PEACHES APPLE JUICE	16 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	17 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
20 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	21 BREAKFAST PIZZA PEARS ORANGE JUICE	22 BREAKFAST CASSEROLE PEACHES APPLE JUICE	23 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	24 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
27 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	28 BREAKFAST PIZZA PEARS ORANGE JUICE	29 BREAKFAST CASSEROLE PEACHES APPLE JUICE	30 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	31 BREAKFAST SANDWICH MIXED FRUIT GRAPE 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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	HAPPY NEW YEAR	1 WINTER BREAK NO SCHOOL	2 WINTER BREAK NO SCHOOL	3 WINTER BREAK NO SCHOOL
6 CHICKEN PASTA ITALIAN SUB CAESAR SALAD STEAMED BROCCOLI SLICED PEARS RED DELICIOUS APPLE	7 WALKING TACO HOT & SPICY BLACK BEANS MIXED VEGETABLES GALA APPLE SLICED PEACHES	8 BBQ PORK CHICKEN TENDERS W/BREADSTICK SEASONED PEAS CELERY APPLESAUCE MIXED FRUIT	9 CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN APRICOT CUP GOLDEN DELICIOUS APPLE	10 CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH WEDGE FRIES CALIFORNIA BLEND WARM CINNAMON APPLES RAISINS
13 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLES	14 CHICKEN OR STEAK FAJI RED PEPPERS, ONIONS TOMATOES REFRIED BEANS MIXED FRUIT PEACH CUPS	15 BBQ OR HOT HONEY CHICKEN WINGS W/ BREADSTICK FRENCH FRIES CELERY APPLESAUCE BANANA	16 MAC & CHEESE HOT HAM & CHEESE CAESAR SALAD SEASONED PEAS SLICED PEACHES FUJI APPLES	17 BIG DADDY PIZZA W/MARINARA FISH TACOS SEASONED CORN ROMAINE TOSSED SALAD SLICED PEARS STRAWBERRIES
20 SPAGHETTI MEATBALL SUB ROMAINE TOSSED SALAD STEAMED BROCCOLI CINNAMON APPLESAUCE GOLDEN DELICIOUS APPLE	21 BEEF SOFT TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS GALA APPLES SLICED PEACHES	22 CHILI OR TOMATO SOU W/ GRILLED CHEESE CALIFORNIA BLEND CELERY & CARROTS STRAWBERRIES SLICED PEARS	23 CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN ORANGES RED DELICIOUS APPLE	24 CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH WEDGE FRIES ROMAINE SALAD PEACH CUP RAISINS
27 CHICKEN PASTA ITALIAN SUB CAESAR SALAD STEAMED BROCCOLI SLICED PEARS RED DELICIOUS APPLE	28 WALKING TACO HOT & SPICY BLACK BEANS MIXED VEGETABLES GALA APPLE SLICED PEACHES	29 BBQ PORK CHICKEN TENDERS W/BREADSTICK SEASONED PEAS CELERY APPLESAUCE MIXED FRUIT	30 MAC & CHEESE HOT HAM & CHEESE CAESAR SALAD SEASONED PEAS SLICED PEACHES FUJI APPLES	31 CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH WEDGE FRIES CALIFORNIA BLEND WARM CINNAMON APPLES RAISINS

ALACARTE REIMBURSABLE ENTRÉE

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

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

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MENU SUBJECT TO CHANGE BASED ON AVAILABLE
ONLINE DEPOSITS DO NOT POST IMMEDIATELY

ROTATING REIMBURSABLE ENTREES

ENTRÉE SALADS
WRAPS
COLD SANDWICH
PARFAITS
HOMEMADE PB&J
FRUIT & MEAT CUP
YOGURT & STRING CHEESE
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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program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.