NOVEMBER 2024
ROCHESTER HIGH SCHOOL

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

Manager: AMANDA WEYANT

Leah Sutton
Autumn Hughes
Lisa Townsend
Stephanie Miller
Missy Smith
Robin Gray
Kathryn Pionke



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

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 BIG DADDY PIZZA W/ MARINARA SAUCE FISH STICKS W/ BREADSTICKS SEASONED CORN ROMAINE TOSSED SALAD PINEAPPLE/ORANGES
4 CORN DOG CHICKEN & NOODLE W/ROLL MASHED POTATOES SEASONED GREEN BEANS APRICOT CUP RED DELICIOUS APPLE	5 WALKING TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS BERRIES SLICED PEACHES	6 BBQ PORK CHICKEN TENDERS W/BREADSTICKS CHIPS CELERY & CARROTS APPLESAUCE BANANA	7 CHICKEN PASTA ITALIAN SUB CAESAR SALAD SEASONED PEAS SLICED PEARS CANTALOUPE	8 CHEESE PIZZA W/ MARINARA SAUCE FISH SANDWICH HASH BROWNS CALIFORNIA BLEND SLICED PEARS WATERMELON
11 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARINA ORANGES CINNAMON APPLE SLICES	12 CHICKEN OR STEAK FAJITA RED PEPPERS, ONIONS CHERRY TOMATOES REFRIED BEANS MIXED FRUIT KIWI	13 BBQ OR HOT HONEY CHICKEN WINGS W/BREADSTICKS FRENCH FRIES CELERY DICED PEACHES BANANA	14 CORN DOG CHICKEN & NOODLE W/ROLL MASHED POTATOES SEASONED GREEN BEANS APRICOT CUP RED DELICIOUS APPLE	15 BIG DADDY PIZZA W/ MARINARA SAUCE FISH TACOS SEASONED CORN ROMAINE TOSSED SALAD PINEAPPLE CANTALOUPE
18 PIZZA CRUNCHERS CHEESEBURGER GLAZED CARROTS CUCUMBERS DICED PEACHES ORANGE	19 WALKING TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS BERRIES SLICED PEACHES	20 BOSCO'S HOT & SPICY TENDERS WEDGE POTATOES BAKED BEANS FRUIT COCKTAIL GRANNY SMITH APPLE	21 MAC & CHEESE HOT HAM & CHEESE CAESAR SALAD SEASONED PEAS APPLESAUCE FIJI APPLE	22 CHEESE PIZZA W/ MARINARA SAUCE FISH SANDWICH HASH BROWNS CALIFORNIA BLEND SLICED PEARS WATERMELON
25 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARINA ORANGES CINNAMON APPLE SLICES	26 HAM OR TURKEY MASHED POTATOES GREEN BEANS STUFFING WARM APPLE SLICES	27 **NO SCHOOL**	28 **NO SCHOOL THANKSGIVING**	29 **NO SCHOOL**

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER---
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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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**.

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:

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.