BREAKFAST

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

DECEMBER 2024
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
2 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	3 BREAKFAST PIZZA PEARS ORANGE JUICE	4 BREAKFAST CASSEROLE PEACHES APPLE JUICE	5 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	6 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
9 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	10 BREAKFAST PIZZA PEARS ORANGE JUICE	11 BREAKFAST CASSEROLE PEACHES APPLE JUICE	12 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	13 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
16 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	17 BREAKFAST PIZZA PEARS ORANGE JUICE	18 BREAKFAST CASSEROLE PEACHES APPLE JUICE	19 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	20 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
23 WINTER BREAK NO SCHOOL	24 WINTER BREAK NO SCHOOL	25 CHRISTMAS NO SCHOOL	26 WINTER BREAK NO SCHOOL	27 WINTER BREAK NO SCHOOL
30 WINTER BREAK NO SCHOOL	31 WINTER BREAK 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

DECEMBER 2024
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
2 CHICKEN PASTA ITALIAN SUB CAESAR SALAD STEAMED BROCCOLI SLICED PEARS APRICOTS	**3** WALKING TACO HOT & SPICY BLACK BEANS MIXED VEGETABLES GALA APPLE SLICED PEACHES	**4** BBQ PORK CHICKEN TENDERS W/BREADSTICK SEASONED PEAS CELERY APPLESAUCE MIXED FRUIT	**5** CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN APRICOT CUP RED DELICIOUS APPLE	**6** CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH WEDGE FRIES CALIFORNIA BLEND WARM CINNAMON APPLES RAISINS
9 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLES	**10** CHICKEN OR STEAK FAJITA RED PEPPERS, ONIONS TOMATOES REFRIED BEANS MIXED FRUIT PEACH CUPS	**11** BBQ OR HOT HONEY CHICKEN WINGS W/ BREADSTICK FRENCH FRIES CELERY APPLESAUCE BANANA	**12** MAC & CHEESE HOT HAM & CHEESE CAESAR SALAD SEASONED PEAS SLICED PEACHES FUJI APPLES	**13** BIG DADDY PIZZA W/MARINARA FISH TACOS SEASONED CORN ROMAINE TOSSED SALAD SLICED PEARS STRAWBERRIES
16 SPAGHETTI MEATBALL SUB ROMAINE TOSSED SALAD STEAMED BROCCOLI CINNAMON APPLESAUCE GOLDEN DELICIOUS APPLE	**17** BEEF SOFT TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS GALA APPLES SLICED PEACHES	**18** CHILI OR TOMATO SOUP W/ GRILLED CHEESE CALIFORNIA BLEND CELERY & CARROTS WARM APPLES SLICES SLICED PEARS	**19** CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN APRICOT CUP RED DELICIOUS APPLE	**20** CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH WEDGE FRIES ROMAINE SALAD PEACH CUP RAISINS
23 WINTER BREAK NO SCHOOL	**24** WINTER BREAK NO SCHOOL	**25** CHRISTMAS NO SCHOOL	**26** WINTER BREAK NO SCHOOL	**27** WINTER BREAK NO SCHOOL
30 WINTER BREAK NO SCHOOL	**31** WINTER BREAK 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	HOMEMADE PB&J
WRAPS	FRUIT & MEAT CUP
COLD SANDWICH	YOGURT & STRING CHEESE
PARFAITS	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

FNS USE ONLY SOLO PARA FNS



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

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.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de genero y orientacion de sexual), edad, discapacidad,venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

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.