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?

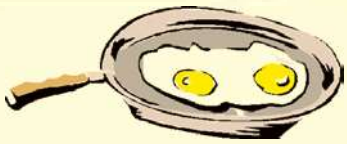
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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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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 HIGH SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	4 BREAKFAST PIZZA PEARS ORANGE JUICE	5 BREAKFAST CASSEROLE PEACHES APPLE JUICE	6 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	7 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
10 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	11 BREAKFAST PIZZA PEARS ORANGE JUICE	12 BREAKFAST CASSEROLE PEACHES APPLE JUICE	13 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	14 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
17 NO SCHOOL	18 BREAKFAST PIZZA PEARS ORANGE JUICE	19 BREAKFAST CASSEROLE PEACHES APPLE JUICE	20 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	21 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
24 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	25 BREAKFAST PIZZA PEARS ORANGE JUICE	26 BREAKFAST CASSEROLE PEACHES APPLE JUICE	27 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	28 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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Monday	Tuesday	Wednesday	Thursday	Friday
3 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLES	**4** CHICKEN OR STEAK FAJITA RED PEPPERS, ONIONS TOMATOES REFRIED BEANS MIXED FRUIT PEACH CUPS	**5** BBQ OR HOT HONEY CHICKEN WINGS W/ BREADSTICK FRENCH FRIES CELERY APPLESAUCE BANANA	**6** MAC & CHEESE HOT HAM & CHEESE CAESAR SALAD SEASONED PEAS SLICED PEACHES FUJI APPLES	**7** CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH WEDGE FRIES ROMAINE SALAD PEACH CUP STRAWBERRIES
10 SPAGHETTI MEATBALL SUB ROMAINE TOSSED SALAD STEAMED BROCCOLI CINNAMON APPLESAUCE GOLDEN DELICIOUS APPLE	**11** BEEF SOFT TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS GALA APPLES SLICED PEACHES	**12** CHILI OR TOMATO SOUP W/ GRILLED CHEESE CALIFORNIA BLEND CELERY & CARROTS STRAWBERRIES SLICED PEARS	**13** CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN ORANGES RED DELICIOUS APPLE	**14** BIG DADDY PIZZA W/MARINARA FISH TACOS SEASONED CORN ROMAINE TOSSED SALAD SLICED PEARS STRAWBERRIES WHITE CAKE **VALENTINE'S DAY**
17 **NO SCHOOL**	**18** WALKING TACO HOT & SPICY BLACK BEANS MIXED VEGETABLES GALA APPLE SLICED PEACHES	**19** BBQ PORK CHICKEN TENDERS W/BREADSTICK SEASONED PEAS CELERY APPLESAUCE MIXED FRUIT	**20** MOSTACCIOLI HOT HAM & CHEESE CAESAR SALAD SEASONED PEAS SLICED PEACHES FUJI APPLES	**21** CHEESE PIZZA W/MARINARA SAUCE FISH SANDWICH WEDGE FRIES ROMAINE SALAD PEACH CUP RAISINS
24 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLES	**25** CHICKEN OR STEAK FAJITA RED PEPPERS, ONIONS TOMATOES REFRIED BEANS MIXED FRUIT PEACH CUPS	**26** BBQ OR HOT HONEY CHICKEN WINGS W/ BREADSTICK FRENCH FRIES CELERY APPLESAUCE BANANA	**27** CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED CORN ORANGES RED DELICIOUS APPLE	**28** BIG DADDY PIZZA W/MARINARA FISH TACOS SEASONED CORN ROMAINE TOSSED SALAD SLICED PEARS STRAWBERRIES



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

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ALACART Milk .40

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