BREAKFAST

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

NOVEMBER 2024
ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant
PAMELA SHIPPY
KATHERINE LINDSEY
JEANNETTE PICO LIRA
MAKAYLA BIGGS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 FRUIT FRUDEL W/ICING DICED PEACHES FRUIT PUNCH
4 BREAKFAST CALZONE W/STUFFED WITH SAUSAGE GRAVY & CHEESE BANANA FRUIT PUNCH JUICE	5 MINI MAPLE WAFFLES W/BACON ORANGE SLICES APPLE JUICE	6 CHOCOLATE CRESCENT SLICED PEARS GRAPE JUICE	7 GOOD GRAVY PIZZA CUTIES APPLE JUICE	8 WARM CINNAMON ROLL RAISINS GRAPE JUICE
11 BREAKFAST BAGEL BANANA ORANGE JUICE	12 MINI CHOC CHIP FRENCH TOAST W/BACON FUJI APPLE FRUIT PUNCH	13 TRIX FRENCH TOAST W/SAUSAGE DICED PEACHES APPLE JUICE	14 CHERRY FRUIT FRUDEL W/ICING BANANA GRAPE JUICE	15 WARM STRAWBERRY BAGEL GRAPES ORANGE JUICE
18 PANCAKE ON A STICK APRICOTS APPLE JUICE	19 CONFETTI PANCAKES W/HAM APPLESAUCE FRUIT PUNCH JUICE	20 FRENCH TOAST STICKS W/SAUSAGE DICED PEACHES ORANGE JUICE	21 WARM CINNA MINI RAISINS GRAPE JUICE	22 GOOD GRAVY PIZZA PEARS APPLE JUICE
25 RED BREAKFAST PIZZA DICED PEACHES GRAPE JUICE	26 MINI MAPLE WAFFLES W/BACON ORANGE SLICES APPLE JUICE	27 NO SCHOOL	28 THANKSGIVING NO SCHOOL	29 NO SCHOOL

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

NOVEMBER 2024
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Manager Joshua Weyant
PAMELA SHIPPY
KATHERINE LINDSEY
JEANNETTE PICO LIRA
MAKAYLA BIGGS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HOT POCKET WITH HAM AND CHEESE FISH SANDWHICH FRENCH FRIES SEASONED GREEN BEANS SLICED PEARS RED GRAPES
4 HAMBURGER PEPPERONI POCKET W/ DINNER ROLL CHEESE FRIES BROCCOLI BITES MANDARIN ORANGES RAISINS	5 ROTINI PASTA W/MEAT STROMBOLI ROLL BAKED BEANS RED RADISH SLICED PEARS APRICOT CUP	6 CALZONE CHEESEBURGER SLIDERS W/ DINNER ROLL FRENCH FRIES SEASONED CARROTS FRUIT COCKTAIL GALA APPLE	7 HAM STEAK CHICKEN & NOODLES DINNER ROLL MASHED POTATOS & STUFFING SEASONED GREEN BEANS SLICED PEARS PIE	8 SPAGHETTI W/MEATSAUCE HOT HAM & CHEESE ROMAINE SALAD CUCUMBER SLICES APRICOT ORANGES SLICES
11 GARLIC PULL-APART CHICKEN PATTY SANDWHICH FRENCH FRIES SEASONED PEAS MIXED FRUIT CLEMENTINE	12 BEEF FIESTADA PIZZA POCKET RAVIOLI W//BREADSTICK CURLY FRIES SEASONED MIXED VEGETABLES CINNAMON APPLESAUCE ORANGES	13 FISH NUGGETS TENDERLOIN BAKED BEANS CHEESEY BROCCOLI SLICED PEARS GOLDEN DELICIOUS APPLE	14 BAKED CHICKEN LEG COUNTRY BAKED STEAK W/GRAVY DINNER ROLL MASHED POTATOS SEASONED CORN MANDARIN ORANGES APRICOT CUP	15 SLOPPY JOE GALAXY CHEESE PIZZA W/MARINARA SAUCE ROMAINE SALAD BABY CARROTS GRAPES FRUIT COCKTAIL
18 HOT DOG BBQ RIBLET WEDGE FRIES BAKED BEANS CINNAMON APPLESAUCE GALA APPLE	19 TURKEY & CHEESE FLOUR BEEF TACO REFRIED BEANS TOMATOES MIXED FRUIT APPLESAUCE	20 HOT & SPICY SANDWHICH GRILLED TURKEY BURGER ROMAINE SALAD SEASONED CARROTS RED DELICIOUS APPLE DICED PEARS	21 MACARONI & CHEESE CORN DOG STEAMED BROCCOLI CELERY STICKS GOLD APPLE SLICES GRAPES	22 BIG DADDY PIZZA W/MARINARA SAUCE SUPER SUB FRENCH FRIES SEASONED GREEN BEANS SLICED PEARS RED GRAPES
25 HAMBURGER PEPPERONI POCKET W/ DINNER ROLL CHEESE FRIES BROCCOLI BITES MANDARIN ORANGES RAISINS	26 ROTINI PASTA W/MEAT STROMBOLI ROLL BAKED BEANS RED RADISH SLICED PEARS APRICOT CUP	27 NO SCHOOL	28 THANKSGIVING NO SCHOOL	29 NO SCHOOL

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

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MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

ALACART Milk .40

ROTATING ENTREES
YOGURT PACKS, COLD SANDWHICHES
LUNCHABLES and 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.

This institution is an equal opportunity provider.

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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.