BREAKFAST

PAID: $1.90 REDUCED: 30¢
ADULTS/GUEST: $2.50

OCTOBER 2024

ROCHESTER HIGH SCHOOL

Manager: AMANDA WEYANT

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BREAKFAST PIZZA PEARS ORANGE JUICE	2 BREAKFAST CASSEROLE PEACHES APPLE JUICE	3 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	4 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
7 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	8 BREAKFAST PIZZA PEARS ORANGE JUICE	9 BREAKFAST CASSEROLE PEACHES APPLE JUICE	10 **FALL BREAK NO SCHOOL**	11 **FALL BREAK NO SCHOOL**
14 **INTERSESSION NO SCHOOL**	15 **INTERSESSION NO SCHOOL**	16 **INTERSESSION NO SCHOOL**	17 **INTERSESSION NO SCHOOL**	18 **FALL BREAK NO SCHOOL**
21 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	22 BREAKFAST PIZZA PEARS ORANGE JUICE	23 BREAKFAST CASSEROLE PEACHES APPLE JUICE	24 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	25 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
28 PANCAKES DICED PEACHES FRUIT PUNCH JUICE	29 BREAKFAST PIZZA PEARS ORANGE JUICE	30 BREAKFAST CASSEROLE PEACHES APPLE JUICE	31 PANCAKE ON A STICK APPLESAUCE STRAW/KIWI JUICE	



ALACART Milk .40

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

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

Breakfast: (Mon, Tues, Thurs, Fri) 7:30 A.M. (Wednesday) 8:00 A.M.

LUNCH

PAID: $2.95 REDUCED: 40¢

ADULTS/GUEST: $4.60

OCTOBER 2024

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Leah Sutton
Autumn Hughes
Lisa Townsend
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Kathryn Pionke

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WALKING TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS BERRIES SLICED PEACHES	2 BBQ PORK CHICKEN TENDERS W/BREADSTICK WEDGE POTATOES BAKED BEANS FRUIT COCKTAIL GRANNY SMITH APPLE	3 CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED GREEN BEANS APRICOT CUPS RED DELICIOUS APPLE	4 BIG DADDY PIZZA W/MARINARA SAUCE FISH STICKS W/ BREADSTICKS SEASONED CORN ROMAINE TOSSED SALAD PINEAPPLE / ORANGES
7 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARINA ORANGE CINNAMON APPLE SLICES	8 CHICKEN OR STEAK FAJITA RED PEPPERS, ONIONS CHERRY TOMATOES REFRIED BEANS MIXED FRUIT KIWI	9 BBQ OR HOT HONEY CHICKEN WINGS W/ BREADSTICK FRENCH FRIES CELERY DICED PEACHES BANANA	10 **FALL BREAK** **NO SCHOOL**	11 **FALL BREAK** **NO SCHOOL**
14 **INTERSESSION** **NO SCHOOL**	15 **INTERSESSION** **NO SCHOOL**	16 **INTERSESSION** **NO SCHOOL**	17 **INTERSESSION** **NO SCHOOL**	18 **FALL BREAK** **NO SCHOOL**
21 ASIAN CHICKEN BOWL TERIYAKI BEEF BITES W/LO MEIN STEAMED BROCCOLI FRESH CAULIFLOWER MANDARINA ORANGE CINNAMON APPLE SLICES	22 CHICKEN OR STEAK FAJITA RED PEPPERS, ONIONS CHERRY TOMATOES REFRIED BEANS MIXED FRUIT KIWI	23 BBQ OR HOT HONEY CHICKEN WINGS W/BREADSTICKS FRENCH FRIES CELERY DICED PEACHES BANANA	24 MAC & CHEESE ITALIAN SUB CAESAR SALAD SEASONED PEAS APPLESAUCE HONEYDEW	25 BIG DADDY PIZZA W/MARINARA SAUCE FISH SANDWICH HASH BROWNS CALIFORNIA BLEND SLICED PEARS WATERMELON
28 HOT HAM & CHEESE CHEESEBURGER GLAZED CARROTS ROMAINE SALAD APPLESAUCE ORANGE	29 WALKING TACO HOT & SPICY BLACK BEANS RED PEPPER RINGS BERRIES SLICED PEACHES	30 BBQ PORK CHICKEN TENDERS W/BREADSTICK WEDGE POTATOES SEASONED PEAS FRUIT COCKTAIL GRANNY SMITH APPLE	31 CORN DOG CHICKEN & NOODLES W/ROLL MASHED POTATOES SEASONED GREEN BEANS APRICOT CUPS RED DELICIOUS APPLE	

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	





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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.

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.