BREAKFAST

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

OCTOBER 2024
ROCHESTER MIDDLE SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CONFETTI PANCAKES W/HAM APPLESAUCE FRUIT PUNCH JUICE	2 FRENCH TOAST STICKS W/SAUSAGE DICED PEACHES ORANGE JUICE	3 GOOD GRAVY PIZZA PEARS APPLE JUICE	4 WARM CINNAMON ROLL W/ICING RAISINS GRAPE JUICE
7 BREAKFAST CALZONE W/STUFFED WITH SAUSAGE GRAVY & CHEESE BANANA FRUIT PUNCH JUICE	8 MINI MAPLE WAFFLES W/BACON ORANGE SLICES APPLE JUICE	9 CHOCOLATE CRESCENT SLICED PEARS GRAPE 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 PANCAKE ON A STICK APRICOTS APPLE JUICE	22 CONFETTI PANCAKES W/HAM APPLESAUCE FRUIT PUNCH JUICE	23 FRENCH TOAST STICKS W/SAUSAGE DICED PEACHES ORANGE JUICE	24 WARM CINNAMON ROLL W/ICING RAISINS GRAPE JUICE	25 GOOD GRAVY PIZZA PEARS APPLE JUICE
28 RED BREAKFAST PIZZA DICED PEACHES GRAPE JUICE	29 MINI MAPLE WAFFLES W/BACON ORANGE SLICES APPLE JUICE	30 CHOCOLATE CRESCENT SLICED PEARS GRAPE JUICE	TRIX FRENCH TOAST W/SAUSAGE DICED PEACHES ORANGE JUICE	

OFFERED DAILY WHEN AVAILABLE
POPTARTS, BARS, UNCRUSTABLES
CEREAL, DONUTS, & MUFFINS
Choice of Milk, Juice, canned & fresh fruit

MENU IS SUBJECT TO CHANGE BASED ON AVAILABLE
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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 SPAGHETTI W/MEATSAUCE MINI CORN DOGS ROMAINE SALAD CUCUMBER SLICES APRICOT ORANGES SLICES	2 CHICKEN NUGGETS BBQ PORK SANDWICH SEASONED CARROTS CELERY MIXED FRUIT SOUR RAISILS	3 BAKED CHICKEN LEG SALISBURY STEAK DINNER ROLL RED SKINNED MASHED POTATOS SEASONED CORN SLICED PEARS KIWI	4 BRD MOZZARELLA STICKS W/MARINARA SAUCE FISH SANDWHICH FRENCH FRIES SEASONED GREEN BEANS SLICED PEARS RED GRAPES =
7 HAMBURGER CHICKEN BITES W/ DINNER ROLL CHEESE FRIES BROCCOLI BITES MANDARINE ORANGES RAISINS	8 *H&S CK TENDERS STROMBOLI ROLL BAKED BEANS RED RADISH SLICED PEARS APRICOT CUP	9 CALZONE CHICKEN FRIES W/ DINNER ROLL FRENCH FRIES CARROTS FRUIT COCKTAIL GALA APPLE	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 GARLIC PULL-APART CHICKEN TENDERS FRENCH FRIES SEASONED PEAS MIXED FRUIT CLEMENTINE	22 BEEF FIESTADA PIZZA POCKET CHICKEN NUGGETS W//BREADSTICK CURLY FRIES SEASONED MIXED VEGETABLES CINNAMON APPLESAUCE ORANGES	23 FISH NUGGETS TENDERLOIN BAKED BEANS CHEESEY BROCCOLI SLICED PEARS GOLDEN DELICIOUS APPLE	24 CHICKEN & NOODLES COUNTRY BAKED STEAK W/GRAVY DINNER ROLL MASHED POTATOS SEASONED CORN MANDARIN ORANGES APRICOT CUP	25 SLOPPY JOE CHEESE PIZZA W/MARINARA SAUCE ROMAINE SALAD BABY CARROTS GRAPES FRUIT COCKTAIL
28 HOT DOG TENDERLOIN WEDGE FRIES BAKED BEANS CINNAMON APPLESAUCE GALA APPLE	29 HOT HAM & CHEESE FLOUR BEEF TACO REFRIED BEANS TOMATOES MIXED FRUIT APPLESAUCE	30 BIG DADDY PIZZA SUPER SUB ROMAINE SALAD BABY CARROTS RED DELICIOUS APPLE DICED PEARS	31 OOZING SCABS- NACHOS WITCHES CHICKEN FINGERS SPOOKY EMOJI POTATOES VAMPIRE CELERY STICKS GOBLINS GOLD APPLE SLICES ROLLING EYEBALLS GRAPES CREEPY ICE CREAM CUP	

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.