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?

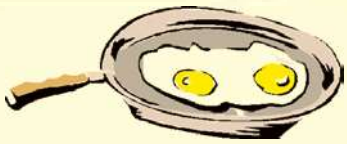
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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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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.

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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.

BREAKFAST

PAID: $2.00 REDUCED: .30¢
ADULTS/GUEST: $2.50

NOVEMBER 2025
ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant
Katherine Lindsey
Pamela Shippy
Jill Thomas
Megan Felda
Stephanie Miller

Monday	Tuesday	Wednesday	Thursday	Friday
3 **MINI MAPLE PANCAKES** **ICED HOT CHOCOLATE** SLICED PEARS APPLE JUICE	**4** **DONUT HOLES** FRUIT COCKTAIL ORANGE JUICE	**5** **BISCUITS & GRAVY** DICED PEACHES FRUIT PUNCH	**6** **APPLEFRUDEL W/ICING** **SMOOTHIE** ORANGE WEDGES GRAPE JUICE	**7** **FRENCH TOAST** WARM APPLE SLICES FRUIT PUNCH
10 **MINI WAFFLES** **ICED HOT CHOCOLATE** MIXED FRUIT ORANGE JUICE	**11** **GLAZED DONUTS** APPLES SAUCE GRAPE JUICE	**12** **HAM, EGG & CHEESE ENGLISH MUFFIN** SLICED PEARS APPLE JUICE	**13** **CONFETTI PANCAKES** **SMOOTHIE** BANANA FRUIT PUNCH	**14** **SAUSAGE PANCAKE BITES** DICED PEACHES APPLE JUICE
17 **BREAKFAST PIZZA** **ICED HOT CHOCOLATE** ORANGE WEDGES FRUIT PUNCH	**18** **CHERRY FRUDEL W/ICING** MIXED FRUIT APPLE JUICE	**19** **BISCUITS & GRAVY** APPLESAUCE ORANGE JUICE	**20** **BLUEBERRY WAFFLES** **SMOOTHIE** DICED PEACHES GRAPE JUICE	**21** **MINI POWDERED DONUTS** SLICED PEARS FRUIT PUNCH
24 **MAPLE MINI PANCAKES** **ICED HOT CHOCOLATE** BANANA APPLE JUICE	**25** **PIZZA BAGEL** GOLDEN DELICIOUS APPLE FRUIT PUNCH	**26** **NO SCHOOL**	**27** **HAPPY THANKSGIVING**	**28** **NO SCHOOL**

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

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MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

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: $3.10 REDUCED: .40¢

ADULTS/GUEST: $4.60

NOVEMBER 2025
ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant

Katherine Lindsey
Pamela Shippy
Jill Thomas
Megan Felda
Stephanie Miller

Monday	Tuesday	Wednesday	Thursday	Friday
3 **STROMBOLI** **CHICKEN CHUNKS** MASHED POTATOES SEASONED CARROTS CHERRY FRUIT COCKTAIL KIWI	**4** **TOTALLY TACO WEDGE** **CHICKEN CHOW MEIN** TOSSED ROMAIN SALAD CELERY DICED PEACH CUP RED DELICOUS APPLE	**5** **MACARONI & CHEESE BITES** **RIPPERS** SEASONED CORN BAKED BEANS FLAVORED APPLE SAUCE GRANNY SMITH APPLE	**6** **PULLED PORK SANDWICH** **HOT & SPICY TENDERS** SEASONED GREEN BEANS RED RADISH BANANA SLICED PEARS	**7** **TURKEY & CHEESE SUB** **BBQ CHICKEN BIG DADDY** PIZZA SWEET POTATO FRIES FRESH BROCCOLI MIXED FRUIT RED DELICIOUS APPLE
10 **LASAGNA ROLL UP** **BUFFALO CHEESE BITES** CALIFORNIA BLEND W/LIGHT CHEESE DRIZZLE TOSSED ROMAINE SALAD PEACHES GRAPES	**11** **FISH SANDWICH** **HOT & SPICY** SEASONED CARROTS CHERRY TOMATOES FLAVORED MIXED FRUIT GALA APPLE	**12** **HOT HAM & CHEESE** **CHICKEN STRIPS** EMOJI POTATOES SEASONED PEAS BLUSHING PEARS RED DELICIOUS APPLE	**13** **WALKING OR SOFT TACO** REFRIED BEAN TOMATO & LETTUCE CHEESE SMURF APPLESAUCE GOLDEN DELICIOUS APPLE NO BAKE COOKIE	**14** **CHICKEN & NOODLES** **SLICED TURKEY W/GRAVY** DINNER ROLL MASHED POTATOES SEASONED GREEN BEANS STUFFING WARM APPLE SLICES PUMPKIN BAR
17 **SALISBURY STEAK** **DRUMSTICK** DINNER ROLL MASHED POTATOES BAKED BEANS PEACHES ORANGE SLICES	**18** **MAC & CHEESE** **PIZZA CRUNCHERS** SEASONED CARROTS CHERRY TOMATOES FLAVORED MIXED FRUIT GALA APPLE	**19** **CHEESEBURGER SLIDERS** **ORANGE CHICKEN** RICE STEAMED BROCCOLI FRESH CAULIFLOWER PINEAPPLE GRAPES	**20** **PANCAKE** **WAFFLE** HAM SLICES TATOR TOTS TOMATO SLICES WARM APPLE SLICES FRUIT COCKTAIL	**21** **BIG DADDY PIZZA** **SUPER SUB** FRENCH FRIES FRESH BROCCOLI MIXED FRUIT GRAPES
24 **CHICKEN & NOODLES** **CORN DOGS** DINNER ROLL MASHED POTATOES SEASONED GREEN BEANS ORANGE WEGDES SLICED PEARS	**25** **CHEESE OR CHICKEN** **QUESADILLA** REFRIED BEANS TOSSED ROMAINE SALAD FLAVORED APPLESAUCE PEACH CUP	**26** **NO SCHOOL**	**27** **HAPPY THANKSGIVING**	**28** **NO SCHOOL**

OFFERED DAILY
Choice of Milk, Juice and Fresh
Canned and Fresh Fruit & Vegetables
ALACART MILK .40

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

Rotating Entrée's

Cold Sandwich	**RMS Lunchable**
Uncrustables	**Parfaits**
Nachos	**Wraps**
Yogurt Pack	**Homemade PB & J's**