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?

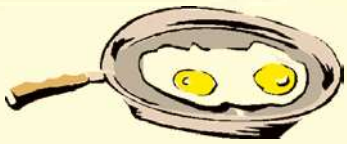
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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
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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

SEPTEMBER 2025
ROCHESTER MIDDLE SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 **HOLIDAY NO SCHOOL**	2 MINI PANCAKES FROOT LOOP DICED PEACHES FRUIT PUNCH	3 BISCUITS & GRAVY FROOT LOOPS MIXED FRUIT ORANGE JUICE	4 FRUDEL W/ICING FROOT LOOPS FRESH APPLE GRAPE JUICE	5 WAFFLES FROOT LOOPS SLICED PEARS APPLE JUICE
8 GLAZED DONUTS COCOA KRISPIES ORANGE FRUIT PUNCH	9 FRENCH TOAST COCOA KRISPIES WARM APPLE SLICES ORANGE JUICE	10 HAM & CHEESE BISCUIT COCOA KRISPIES FRUIT COCKTAIL GRAPE JUICE	11 BREAKFAST BITES COCOA KRISPIES PEACHES APPLE JUICE	12 PULL APARTS COCOA KRISPIES APPLESAUCE FRUIT PUNCH
15 CREAM CHEESE BAGEL LUCKY CHARMS PEACHES ORANGE JUICE	16 MUFFIN LUCKY CHARMS WARM APPLES GRAPE PUNCH	17 BISCUITS & GRAVY LUCKY CHARMS MIXED FRUIT APPLE JUICE	18 MINI PANCAKES LUCKY CHARMS BLUE BERRIES FRUIT PUNCH	19 FRUDEL W/ICING LUCKY CHARMS W/STRING CHEESE BANANA ORANGE JUICE
22 PANCAKE ON A STICK TRIX SLICED PEARS GRAPE JUICE	23 CINNAMON ROLL TRIX RED APPLE DELICIOUS FRUIT PUNCH	24 BREAKFAST SANDWICH TRIX DICED PEACHES ORANGE JUICE	25 WAFFLE TRIX GRAPES GRAPE JUICE	26 MINI PANCAKES TRIX W/STRING CHEESE BANANA APPLE JUICE
29 CHOCOLATE DONUTS FROOT LOOPS DICED PEACH CUP FRUIT PUNCH	30 MINI PANCAKES FROOT LOOP DICED PEACHES ORANGE JUICE			

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

SEPTEMBER 2025
ROCHESTER MIDDLE SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 HOLIDAY NO SCHOOL	**2** SOFT TACO CHICKEN CHUNKS REFRIED BEANS TOMATOES & LETTUCE SLICED PEARS GALA APPLE	**3** TENDERLION SLOPPY JOES WEDGE FRIES ROMAINE SALAD WARM APPLE SLICES DICED PEACHES BROWNIE	**4** FRIED STEAK BITES CHICKEN NOODLES W/DINNER ROLL MASHED POTATOES SEASONED GREEN BEANS FLAVORED APPLESAUCE GRAPES	**5** HOT DOG GARLIC PULL APARTS COLE SLAW SEASONED CARROTS FRUIT COCKTAIL WATERMELON WEDGE
8 TURKEY SUB CHICKEN SANDWICH MIXED VEGETABLES SPIRAL FRENCH FRIES STRAWBERRIES BANANA	**9** PORK RIBLET SPAGHETTI ROMAINE SALAD STEAMED BROCCOLI GOLDEN DELICIOUS APPLE CUTIES	**10** CORN DOG CALZONE W/MARINARA SAUCE SEASONED GREEN BEANS CUCUMBER SPEARS MIXED FRUIT CRAZINS	**11** PIZZA CRUNCHERS HAMBURGER W/CHEESE BAKED BEANS SWEET POTATO FRIES APPLESAUCE DICED PEACHES	**12** FISH SANDWICH BIG DADDY PIZZA FRENCH FRIES BABY CARROTS RED DELICIOUS APPLE BANANA
15 CHEESEBURGER SLIDERS CHICKEN STRIPS BAKED BEANS EMOJI POTATOES SLICED PEARS RAISILS	**16** HOT HAM & CHEESE CHILI W/ CORN BREAD BITES CELERY ROMAINE SALAD FRUIT COCKTAIL KIWI	**17** CHICKEN FRIES TERIYAKI BEEF BITES W/ GRAVY & BISCUIT MASHED POTATOES SEASONED CORN DICED PEACHES GRAPES	**18** SUPER SUB ROTINI SEASONED GREEN BEANS CELERY MIXED FRUIT ORANGE	**19** FISH NUGGETS PIZZA RIPPERS W/PIZZA SAUCE BABY CARROTS APPLESAUCE CANTALOUPE
22 BIG DADDY HOT POCKET CORN DOG SEASONED PEAS SWEET POTATO FRIES CUTIES GRAPES	**23** THE MAX PIZZA CHICKEN CHUNKS POTATO WEDGES BABY CARROTS KIWI RAISINS	**24** MAC & CHEESE BOWL BOSCO SEASONED CORN BAKED BEANS PINEAPPLE GRANNY SMITH APPLE	**25** FRIED STEAK BITES CHICKEN NOODLES W/DINNER ROLL MASHED POTATOES SEASONED GREEN BEANS FLAVORED APPLESAUCE GRAPES	**26** CHICKEN NUGGETS BBQ PORK SANDWICH HASHBROWNS ROMAINE SALAD DICED PEACHES SLICED PEARS ICE CREAM SANDWICH
29 MINI CORN DOGS HOT & SPICY SANDWICH CALIFORNIA BLEND W/ LIGHT CHEESE DRIZZLE FRENCH FRIES SMURF APPLESAUCE KIWI	**30** SOFT TACO CHICKEN CHUNKS REFRIED BEANS TOMATOES & LETTUCE SLICED PEARS GALA APPLE			

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