USDA
United States Department of Agriculture

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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.

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:

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correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

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?

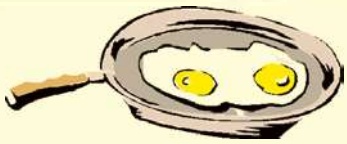
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



WHAT'S FOR BREAKFAST?







Cereal	Fruit
Toast	Waffles
Muffins	Hot Cereal
Sweet	Bagels
Rolls	English Muffins
Pancakes	Milk
Eggs	



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BREAKFAST

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

DECEMBER 2025
ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant
Stephanie Miller
Katherine Lindsey
Pamela Shippy
Jill Thomas

Monday	Tuesday	Wednesday	Thursday	Friday
1 **MINI MAPLE PANCAKES** SLICED PEARS APPLE JUICE	2 **DONUT HOLES** FRUIT COCKTAIL ORANGE JUICE	3 **BISCUITS & GRAVY** DICED PEACHES FRUIT PUNCH	4 **APPLE FRUDEL** W/ICING ORANGE WEDGES GRAPE JUICE	5 **FRENCH TOAST** WARM APPLE SLICES FRUIT PUNCH
8 **MINI WAFFLES** MIXED FRUIT ORANGE JUICE	9 **GLAZED DONUTS** APPLESSAUCE GRAPE JUICE	10 **HAM & CHEESE ENGLISH MUFFIN** SLICED PEARS APPLE JUICE	11 **CONFETTI PANCAKES** BANANA FRUIT PUNCH	12 **SAUSAGE PANCAKE BITES** DICED PEACHES APPLE JUICE
15 **BREAKFAST PIZZA** ORANGE WEDGES FRUIT PUNCH	16 **CHERRY FRUDEL** W/ICING MIXED FRUIT APPLE JUICE	17 **BISCUITS & GRAVY** APPLESAUCE ORANGE JUICE	18 **MINI POWDERED DONUTS** DICED PEACHES GRAPE JUICE	19 **BLUEBERRY WAFFLES** SLICED PEARS FRUIT PUNCH
22 **WINTER BREAK**	23 **WINTER BREAK**	24 **WINTER BREAK**	25 **MERRY CHRISTMAS**	26 **WINTER BREAK**
29 **WINTER BREAK**	30 **WINTER BREAK**	31 **WINTER BREAK**		



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

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
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

DECEMBER 2025
ROCHESTER MIDDLE SCHOOL

Manager Joshua Weyant
Stephanie Miller
Katherine Lindsey
Pamela Shippy
Jill Thomas

Monday	Tuesday	Wednesday	Thursday	Friday
1 **STROMBOLI** **CHICKEN CHUNKS** FRENCH FRIES SEASONED CARROTS CHERRY FRUIT COCKTAIL KIWI	**2** **PULLED PORK SANDWICH** **HOT & SPICY TENDERS** SEASONED GREEN BEANS RED RADISH DICED PEACH CUP FLAVORED APPLE SAUCE	**3** **MACARONI & CHEESE BITES** **RIPPERS** SEASONED CORN BAKED BEANS SLICED PEARS GALA APPLE	**4** **TOTALLY TACO WEDGE** **CHICKEN CHOW MEIN** TOSSED ROMAIN SALAD CELERY BANANA RED DELICOUS APPLE	**5** **TURKEY & CHEESE SUB** **ASSORT. DADDY PIZZA** SWEET POTATO FRIES FRESH BROCCOLI MIXED FRUIT GOLDEN DELICIOUS APPLE
8 **WALKING** **OR SOFT TACO** REFRIED BEAN TOMATO & LETTUCE CHEESE SMURF APPLESAUCE ORANGES	**9** **MAC & CHEESE** **PIZZA CRUNCHERS** SEASONED CARROTS CHERRY TOMATOES FLAVORED MIXED FRUIT GALA APPLE	**10** **HOT HAM & CHEESE** **CHICKEN STRIPS** EMOJI POTATOES SEASONED PEAS BLUSHING PEARS RED DELICIOUS APPLE	**11** **FISH SANDWICH** **HOT & SPICY** SEASONED CARROTS CHERRY TOMATOES FLAVORED MIXED FRUIT GALA APPLE	**12** **LASAGNA ROLL UP** **BUFFALO CHEESE BITES** CALIFORNIA BLEND W/LIGHT CHEESE DRIZZLE TOSSED ROMAINE SALAD PEACHES GRAPES
15 **SALISBURY STEAK** **DRUMSTICK** DINNER ROLL MASHED POTATOES BAKED BEANS PEACHES STRAWBERRIES	**16** **HAM SLICES** **CHICKEN & NOODLES** BUTTERED ROLL SEASONED GREEN BEANS MASHED POTATOES TOSSED SALAD FRUIT SALAD COOKIE ETIQUETTE DINNER	**17** **ORANGE CHICKEN** W/RICE **CHEESEBURGER SLIDERS** STEAMED BROCCOLI FRESH CAULIFLOWER PINEAPPLE CLEMENTINES	**18** **PANCAKE** **WAFFLE** HAM SLICES POTATO WEDGES TOMATO SLICES WARM APPLE SLICES FRUIT COCKTAIL	**19** **BIG DADDY PIZZA** **SUPER SUB** TOSSED SALAD FRESH BROCCOLI MIXED FRUIT GRAPES
22 **WINTER BREAK**	**23** **WINTER BREAK**	**24** **WINTER BREAK**	**25** **MERRY CHRISTMAS**	**26** **WINTER BREAK**
29 **WINTER BREAK**	**30** **WINTER BREAK**	**31** **WINTER BREAK**		



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