Discover School Breakfast!

WHY EAT BREAKFAST?

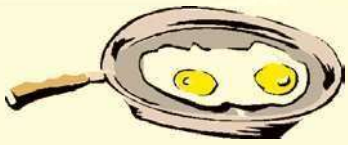
- It s a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting 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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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:

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correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

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

MAY 2026
RMS CAFE

MANAGER JOSHUA WEYANT
Pamela Shippy
Megan Burden
Katherine Lindsey
Jill Thomas

Monday	Tuesday	Wednesday	Thursday	Friday
			MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com	1 **WARM CHOCOLATE MUFFIN** PEACHES APPLE JUICE
4 **CINNA MINIS** PEARS FRUIT PUNCH	5 **BREAKFAST BAGEL** FLAVORED APPLESAUCE ORANGE JUICE	6 **FRENCH TOAST** DICED PEACHES APPLE JUICE	7 **HAM & CHEESE BISCUIT** STRAWBERRIES GRAPE JUICE	8 **NO SCHOOL**
11 **MINI WAFFLES** MIXED FRUIT FRUIT PUNCH	12 **MAPLE PANCAKES** BLUEBERRIES ORANGE JUICE	13 **SAUSAGE & CHEESE BISCUIT** W/HASHBROWN PEARS APPLE JUICE	14 **BREAKFAST BITES** FLAVORED APPLESAUCE GRAPE JUICE	15 **CINNAMON PULL APARTS** PEACHES FRUIT PUNCH
18 **APPLE FRUEDEL** W/ICING BLUEBERRIES ORANGE JUICE	19 **MAPLE PANCAKE PUFF** STRAWBERRIES APPLE JUICE	20 **BISCUITS & SAUSAGE GRAVY** PEARS GRAPE JUICE	21 **STRAWBERRY CREAM CHEESE BAGEL** WARM APPLE SLICES FRUIT PUNCH	22 **DONUT BAR** PEACHES FRUIT PUNCH
25 **NO SCHOOL**	26 **CHERRY FRUEDEL** W/ICING STRAWBERRIES ORANGE JUICE	27 **CHOCOLATE CRESCENT** APPLESAUCE GRAPE JUICE	28 **STRAWBERRY PANCAKE PUFF** PEACHES FRUIT PUNCH	29 **BENEFIT BAR** PEARS APPLE JUCIE]

OFFERED DAILY
POPTARTS, BARS, UNCRUSTABLES, CEREAL
CEREAL, DONUTS, & MUFFINS, MILK
JUICE, CANNED & FRESH FRUIT

WHEN AVAILABLE USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

ALACART MILK .45

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

FREE SUMMER MEAL PROGRAM STARTS JUNE 1 ST, 2026 ROCHESTER HIGH SCHOOL & COLUMBIA ELEMENTARY SERVING BREAKFAST & LUNCH
FULTON COUNTY & KEWANNA PUBLIC LIBRARY LUNCH ONLY – SEE MENUS FOR TIMES

LUNCH

PAID: $3.10 REDUCED: .40¢
ADULTS/GUEST: $4.60

MAY 2026
RMS CAFÉ

MANAGER JOSHUA WEYANT
Pamela Shippy
Megan Burden
Katherine Lindsey
Jill Thomas

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **PIZZA** **TURKEY & CHEESE SUB** ROMAINE SALAD BABY CARROTS APPLESAUCE MIXED FRUIT
4 **STROMBOLI** **CHICKEN STRIPS** BISCUIT STICK SEASONED GREEN BEANS WEDGE FRIES DICED PEACHES APPLESAUCE	**5** **PULLED PORK** **WALKING OR SOFT** **TACO** REFRIED BEAN TOMATOES, LETTUCE BLUSHING PEARS CHERRY MIXED FRUIT	**6** **BOSCO STICK** **CHICKEN NIBBLERS** WEDGE POTATOES BROCCOLI W/CHEESE SAUCE DRIZZLE STRAWBERRIES GRANNY SMITH APPLE	**7** **POPCORN CHICKEN** **MACARONI & CHEESE BITES** SEASONED CORN MASHED POTATOES BLUEBERRIES RED DELICIOUS APPLE	**8** **NO SCHOOL**
11 **CRUNCHERS** **HAMBURGER** W/ CHEESE SEASONED GREEN BEANS SEASONED PEAS SLICED PEARS STRAWBERRIES	**12** **TACO** WALKING OR SOFT **MOZZARELLA STICKS** REFRIED BEANS ROMAINE SALAD PEACHES RAISINS	**13** **HOT HAM & CHEESE** **RIPPERS** POTATO WEDGES BAKED BEANS DICED PEACHES GALA APPLE	**14** **CHICKEN & NOODLES** W/DINNER ROLLS **CORN DOG** SEASONED CORN MASHED POTATOES BLUEBERRIES FLAVORED APPLESAUCE	**15** **STUFFED CRUST PIZZA** W/MARINARA SAUCE **FISH SANDWICH** ROMAINE SALAD ORANGE WEDGES GRAPES
18 **DRUMSTICK** **SLOPPY JOE** CRINKLE FRIES SEASONED GREEN BEANS KIWI STRAWBERRIES WHITE CAKE	**19** **BEEFY FIESTADA PIZZA** **TURKEY & CHEESE SUB** REFRIED BEANS TOMATO & LETTUCE SLICED PEARS PEACHES	**20** **CHICKEN STRIPS** **BIG DADDY STUFFER** W/MARINARA SAUCE CAULFILOWER BLUEBERRIES CINNAMON APPLESAUCE	**21** **ROTINI** **MOZZARELLA STICKS** SEASONED CARROTS TOSSED ROMAINE SALAD APPLESAUCE RAISINS	**22** **BIG DADDY PIZZA** **SUPER SUB** BAKED BEANS CUCUMBER SLICES WATERMELON WEDGE APPLE SLICES
25 **NO SCHOOL**	**26** **CHICKEN DRUMSTICK** **COUNTRY FRIED STEAK** **BITES** W/ BISCUIT STICK MASHED POTATOES BAKED BEANS PEACHES APPLESAUCE	**27** **TACOS** WALKING OR SOFT SHELL **JOSH'S WHAT'S COOKIN'?** REFRIED BEANS TOMATO, LETTUCE & CHEESE CLEMENTINE STRAWBERRIES	**28** **CHICKEN & NOODLES** **FISH** W/GRAIN SEASONED GREEN BEANS MASHED POTATOES PEARS MIXED FRUIT	**29** **HOT DOG** **HAMBURGER** WG CHIPS BABY CARROTS CELERY FRUIT CUP FRUIT ROLL UP WG COOKIE

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

OFFERED DAILY
Choice of Milk, Juice and Fresh
Canned and Fresh Fruit & Vegetables

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ALACART MILK .45
ROTATING ENTRÉE'S
Uncrustable
YOGURT PACK
Cold Sandwich
Parfaits
RMS LUNCHABLE