Rockford Middle School

Breakfast Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Great way to start the day!!!	**1** Cinnamon Cream Cheese Filled Bagel, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**2** Banana Chocolate Chip Snack Bread,WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**3** Mini Confetti Pancakes, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**4** No School
7 No School	**8** Egg & Cheese on English Muffin Fresh Fruit Bar Juice Selection Fat Free Unflavored White Milk 1% low Fat Chocolate Milk	**9** Cinnamon Cream Cheese Filled Bagel, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**10** Breakfast Taco Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**11** Apple Frudel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
14 Bacon, Egg & Cheese on Bagel Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**15** Mini Maple Pancakes, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**16** Apple Cinnamon Muffin Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**17** Cinnamon Roll, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**18** Breakfast Flatbread Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
21 Egg & Cheese Biscuit Sandwich Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**22** Cinnamon Cream Cheese Filled Bagel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**23** Breakfast Toaster Sandwich Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**24** French Toast Bites, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**25** Excellent Egg Burrito Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
28 Egg & Cheese on a Biscuit Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**29** Pancake on a Stick,WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**30** Maple Madness Mini Waffle, WG Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**1**	

PRICES

Student Breakfast	Free
Adult Breakfast	$2.55
Milk	$.60

EXTRA INFO

Welcome Back

HARVEST OF THE MONTH

Menus and nutrition our app Taher Food4Life®

FOOD 4 LIFE TAHER

www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.