Rockford High School

Breakfast Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Breakfast is open from 7:30 to 8AM	**1** Banana Chocolate Chip Snack Bread,WG Fresh Fruit Bar 1% Unflavored White Milk 1% low Fat Chocolate Milk	**2** Cinnamon Cream Cheese Filled Bagel, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**3** French Toast Bites, 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 1% Unflavored White Milk 1% low Fat Chocolate Milk	**9** Maple Madness Mini Waffle, WG Cheese Stick Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**10** Breakfast Taco Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**11** Chocolate Frosted Long John Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
14 Pancake on a Stick,WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**15** Sausage, Egg & Cheese on English Muffin Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**16** Blueberry Muffin Cheese Stick Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**17** Cinnamon Roll, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**18** Cream Cheese Frosted Long John Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
21 Cinnamon Cream Cheese Filled Bagel, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**22** Egg & Cheese on English Muffin Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**23** Breakfast Toaster Sandwich Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**24** French Toast Bites, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**25** Vanilla Frosted Long John Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
28 Mini Confetti Pancakes, WG Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**29** Sausage, Egg & Cheese on English Muffin Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**30** Maple Madness Mini Waffle, WG Cheese Stick Fresh Fruit Bar Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**1**	

PRICES

Student Breakfast	FREE
Adult Breakfast	$2.55
Milk	$.60
Ala Carte	Open

EXTRA INFO

WELCOME BACK
Gluten free and nut free cereals available everyday !

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.