



Rockford Elementary School

October
2026

Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Apple Frudel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	2 Cinnamon Toast Crunch Cereal Bar, WG Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
5 Cinnamon Cream Cheese Filled Bagel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	6 Brekkie, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	7 Yogurt cup Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	8 Cinnamon Roll, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	9 Lucky Charms Cereal Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
12 French Toast Snack Bread, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	13 Cinnamon Cream Cheese Filled Bagel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	14 MEA No School	15 MEA No School	16 MEA No School
19 Cocoa Puffs Cereal, WG Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	20 Mini Maple Pancakes, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	21 Blueberry Muffin, WG Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	22 Apple Frudel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	23 Donut, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
26 Egg & Cheese on English Muffin Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	27 Brekkie, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	28 Strawberry Yogurt Cup Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	29 Banana Chocolate Chip Snack Bread, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	30 Trix Cereal Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk

PRICES

Student Breakfast	FREE
Adult Breakfast	\$2.55
Milk	\$.60

EXTRA INFO

Free breakfast available everyday



Your **MENUS** plus more
information on our app
Taher Food4Life®



www.taher.com

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