



Rockford Middle School

Breakfast Menu
Free student breakfast everyday from 730-8AM

October
2026



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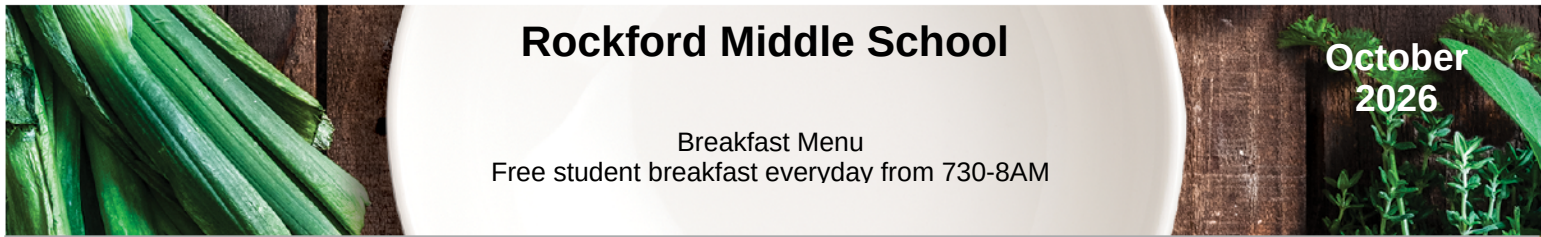
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 Rockford Middle School Breakfast Menu Free student breakfast everyday from 730-8AM October 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Great way to start the day!!!	29	30	1 Breakfast Taco Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	2 Apple Frudel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
5 Sausage & Cheese on a Biscuit Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	6 Mini Maple Pancakes, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	7 Chocolate Chocolate Chip Muffin, WG 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 Turkey Sausgae Breakfast Flatbread Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
12 Egg & Cheese on English Muffin 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 Weekend	15 MEA Weekend	16 MEA Weekend
19 Banana Chocolate Chip Snack Bread, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	20 Pancake on a Stick, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	21 Maple Madness Mini Waffle, WG Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	22 Breakfast Taco Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	23 Apple Frudel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
26 Sausage & Cheese on a Biscuit Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	27 Mini Maple Pancakes, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	28 Chicken Breakfast Biscuit Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	29 Cinnamon Roll, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	30 Chocolate Frosted Long John Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk

PRICES

PRICES	Student Breakfast	FREE	EXTRA INFO
	Adult Breakfast	\$2.55	
	Milk	\$.60	

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Free and reduced forms still available

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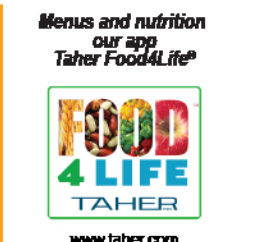


THE MONTH

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