

Rockford High School

October
2026

Breakfast Menu Free student breakfast served everyday from 730-8AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Skim, 1% or Chocolate Milk	29 	30 	1 Yogurt Parfait with Blueberries & Granola Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	2 Chocolate Frosted Long John Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
5 Mini Maple Pancakes, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	6 Egg & Cheese on a Biscuit Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	7 Banana Chocolate Chip Snack Bread, 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 Glazed Cake Donuts Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
12 Cinnamon Cream Cheese Filled Bagel, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	13 Egg & Cheese on English Muffin 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 Blueberry Muffin Cheese Stick Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	20 Egg & Cheese on English Muffin 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 Chef Made Breakfast Bowls Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	23 Vanilla Frosted Long John Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
26 Maple Madness Mini Waffle, WG Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	27 Egg & Cheese on English Muffin 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 Cream Cheese Frosted Long John 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
Ala Carte	Open

EXTRA INFO

Choice of daily menu or cereal basket everyday
Gluten free cereals available

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



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