

Rockford Middle School

November
2026

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Cinnamon Cream Cheese Filled Bagel, WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	4 Egg & Cheese on English Muffin Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	5 French Toast Snack Bread, WG Cheese Stick Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	6 Breakfast Banana Split Yogurt Parfait Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
9 Egg & Cheese on a Biscuit Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	10 Pancake on a Stick, WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	11 Blueberry Muffin, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	12 Vanilla Frosted Long John Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	13 Yogurt Parfait with Strawberries & Cereal Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
16 Sausage & Cheese on a Biscuit Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	17 Brekkie, WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	18 Chicken Breakfast Biscuit Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	19 Cinnamon Roll, WG Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	20 Sausage Breakfast Pizza Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
23 Egg & Cheese on English Muffin Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	24 Cinnamon Cream Cheese Filled Bagel, WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	25 Happy	26 Thanksgiving	27 Break
30 Banana Chocolate Chip Snack Bread, WG Cheese Stick Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	1			Great way to start the day!!!

PRICES

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

EXTRA INFO

Warning:
Choosing a vegetable will not ruin your day
(That is just a rumor.)

HARVEST OF



THE MONTH

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