

Rockford High 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 Breakfast Pizza 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 Chocolate Frosted Long John Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
9 Pancake on a Stick, WG Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	10 Bacon, Egg & Cheese on English Muffin 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 Made to Order Fruit Smoothies Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	13 Cream Cheese Frosted Long John Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
16 Brekkie, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	17 Bacon, Egg & Cheese on English Muffin Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	18 Scrambled Egg Breakfast Potatoes Cinnamon Crisps Cinnamon Toast Crunch Cereal, WG 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 Vanilla Frosted Long John Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
23 French Toast Bites, WG Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	24 Egg & Cheese on English Muffin 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 Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	1			Breakfast is the best morning meal!!

PRICES

Student Breakfast	FREE
Adult Breakfast	\$2.55
Milk	\$.60
Ala Carte	Is open

EXTRA INFO

FREE Breakfast served everyday from 7:30-8:00AM

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



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