



**Rochester Community Schools  
Secondary Breakfast Menu: January 2019**



A full student breakfast includes a choice of entrée supplying grains or grain and protein, 1/2 cup fruit side, and a choice of 1% White or Chocolate Milk.

Serving Time 7:00am-7:30am

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No School	No School	No School	No School
7	8	9	10	11
WG French Toast Sticks Syrup Orange Wedges Apple Juice	Sausage, Egg, and Cheese Breakfast Pizza Chilled Mandarin Oranges Orange Juice	Mini Pancakes Syrup Chilled Mixed Fruit Apple Juice	Turkey Sausage, Egg and Cheese Bagel Fresh Apples Orange Juice	Egg and Cheese Breakfast Bagel Fresh Oranges Apple Juice
14	15	16	17	18
Turkey Sausage Pancake Wrap Chilled Peaches Orange Juice	Turkey Sausage, Egg and Cheese Bagel Fresh Apples Orange Juice	Mini Waffles Syrup Chilled Applesauce Orange Juice	Bacon, Egg, and Cheese Breakfast Pizza Chilled Mandarin Oranges Apple Juice	Oatrageous Choc-Banana Overnight Oatmeal Chilled Pears Apple Juice
21	22	23	24	25
No School	Sausage, Egg, and Cheese Breakfast Pizza Chilled Mandarin Oranges Orange Juice	Mini Pancakes Syrup Chilled Mixed Fruit Apple Juice	Turkey Sausage, Egg and Cheese Bagel Fresh Apples Orange Juice	Egg and Cheese Breakfast Bagel Fresh Oranges Apple Juice
28	29	30	31	
Turkey Sausage Pancake Wrap Chilled Peaches Orange Juice	Turkey Sausage, Egg and Cheese Bagel Fresh Apples Orange Juice	Mini Waffles Syrup Chilled Applesauce Orange Juice	Bacon, Egg, and Cheese Breakfast Pizza Chilled Mandarin Oranges Apple Juice	

**Alternate Entrees (available with choice of milk) :**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar	Whole Grain Bagels Yogurt Fruit Parfait with Granola Banana Chocolate Chunk BeneFIT Bar



Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for online personal wellness resources for you and your family.

Questions? Comments! Contact: Tracy Hizer Food Service Director at 248-726-4650 Tamara Brazelton or Marci Flaherty Assistant Directors 248-726-4601 or 248-726-4603

**Please make checks payable to Rochester Community Schools Foodservice  
School Foodservice Information** Price: \$1.30 paid, \$.30 reduced\*, free\* (\*if qualified)

No advanced registration necessary ~ All students welcome every day  
Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy choices at school.

To learn more about Chartwells go to [www.EatLearnLive.com](http://www.EatLearnLive.com)

