

# What's on the Menu?

## Rochester Community Schools: Breakfast Menu January 2021

A full student breakfast includes a choice of entrée supplying protein and grain, 1/2 cup fruit sides, and 1% or skim white milk.

Curbside pickups Wednesdays 11:30am-12:30pm select locations; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6	7	8
<b>7 Day Breakfast Curbside Menu</b>		*Please note: Menu items subject to change due to product availability		<u>PICK UP DAY</u> Quick Oats w/ String Cheese 100% Fruit Juice	Breakfast Cereal w/ Yogurt Cup 100% Fruit Juice	Whole Grain Bagel w/ Cream Cheese Cupped Fruit
9	10	11	12	13	14	15
Benefit Bar 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	<u>PICK UP DAY</u> Whole Grain Waffles w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit	Apple Filled Bosco Cupped Fruit
16	17	18	19	20	21	22
Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Breakfast Cereal w/ Yogurt Cup Cupped Fruit	Benefit Bar 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	<u>PICK UP DAY</u> Quick Oats w/ String Cheese 100% Fruit Juice	Turkey Sausage Pancake Wrap Cupped Fruit	Whole Grain Mini Pancakes w/ Syrup Fresh Whole Fruit
23	24	25	26	27	28	29
Benefit Bar 100% Fruit Juice	WG Bagel w/ Cream Cheese 100% Fruit Juice	Breakfast Cereal with Graham Cracker 100% Fruit Juice	Whole Grain Stuffed Cinnamon Bagel Fresh Whole Fruit	<u>PICK UP DAY</u> Whole Grain Waffles w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit	Apple Filled Bosco Cupped Fruit
30	31					
Whole Grain Mini French Toast w/ Syrup 100% Fruit Juice	Egg and Cheese WG English Muffin Sandwich Cupped Fruit					<b>Remember to wash your hands before you eat!</b>

**Questions or comments?** Food Service Director Tracy Hizer 248-726-4650  
Assistant Directors Tamara Brazelton 248-726-4601 or Marci Flaherty 248-726-4603  
Go to MyPlate.gov for online personal wellness resources for you and your family.  
Make Checks Payable to RCS Foodservice.

**This institution is an equal opportunity provider.**

