

# 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Hybrid In Person					1
	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29
	<b>Breakfast Cereal with Graham Cracker 100% Fruit Juice</b>	<b>Benefit Bar 100% Juice</b>		<b>Breakfast Cereal with Graham Cracker 100% Fruit Juice</b>	<b>Benefit Bar 100% Juice</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](http://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.**



