

# What's on the Menu?

## Rochester Community Schools Secondary: In Person Breakfast Menu March 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
	1	2	3	4	5
<b>In Person</b>	<b>WG Bagel w/ Cream Cheese</b> 100% Fruit Juice	<b>Mini Pancakes</b> Fresh Fruit	<b>Apple Bosco</b> Cupped Fruit	<b>Blueberry Muffin with String Cheese</b> Fresh Fruit	<b>Egg and Cheese English Muffin Sandwich</b> 100% Fruit Juice
	8	9	10	11	12
<b>All breakfast meals free though the school year!</b>	<b>WG Stuffed Cinnamon Cream Cheese Bagel</b> 100% Fruit Juice	<b>Mini Waffles</b> Fresh Fruit	<b>Apple Cinnamon Texas Toast</b> Cupped Fruit	<b>Benefit Bar</b> Cupped Fruit	<b>Egg and Cheese Breakfast Bagel Sandwich</b> 100% Fruit Juice
	15	16	17	18	19
	<b>WG Bagel w/ Cream Cheese</b> 100% Fruit Juice	<b>Mini French Toast</b> Fresh Fruit	<b>Apple Bosco</b> Cupped Fruit	<b>Blueberry Muffin with String Cheese</b> Fresh Fruit	<b>Egg and Cheese WG English Muffin Sandwich</b> 100% Fruit
	22	23	24	25	26
	<b>WG Stuffed Cinnamon Cream Cheese Bagel</b> 100% Fruit Juice	<b>Mini Pancakes</b> Fresh Fruit	<b>Apple Cinnamon Texas Toast</b> Cupped Fruit	<b>Benefit Bar</b> Cupped Fruit	<b>Egg and Cheese Breakfast Bagel Sandwich</b> 100% Fruit Juice
	29	30	31		
	<b>No School</b>	<b>No School</b>	<b>No School</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.**