



ROCKWOOD SCHOOL BREAKFAST

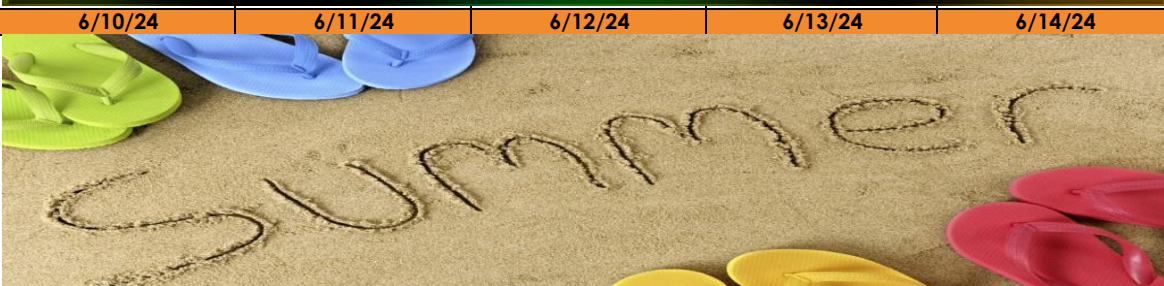
Monday	Tuesday	Wednesday	Thursday	Friday
5/6/24	5/7/24	5/8/24	5/9/24	5/10/24
Waffles or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Muffin & Breads or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/13/24	5/14/24	5/15/24	5/16/24	5/17/24
Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit In-Service Choice of Milk	Breakfast Burrito or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Glazed Doughnut or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Churro or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/20/24	5/21/24	5/22/24	5/23/24	5/24/24
Mini Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Asst. Muffins & Doughnuts or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/27/24	5/28/24	5/29/24	5/30/24	5/31/24
	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Scramble or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Minni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
6/3/24	6/4/24	6/5/24	6/6/24	6/7/24

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
 Choice of fruit or vegetable (must take at least a 1/2 cup) and
 Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate,
 You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

BETSY SMITH
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Student Paid Breakfast \$0.00 Student Reduced Breakfast \$0.00 Adult Breakfast \$2.07



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