

ROCKWOOD ELEMENTARY SCHOOL BREAKFAST

10 J. 10 Store Visition					
Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2/10/25	2/11/25	2/12/25	2/13/25	2/14/25	You must choose at least 3 of the
Waffles	Breakfast Pizza	Egg & Cheese Sandwich	Breakfast Muffin & Breads	Apple Strudel	4 components available for the school breakfast price.
or	or	Or	or	Or	school breaklast price.
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	01	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Choice of: Grain or grain/protein
with Graham Crackers	Or	Assorted Cereals or Cereal Bar	Or	with Graham Crackers	Choice of fruit or vegetable
with Oranam Orackers	Yougurt	with Graham Crackers	Nature Valley Bar		(must take at least a 1/2 cup)
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	and Choice of Milk
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Choice of Milk - 1% white, fat-free
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	white, chocolate,
Choice of Milk 2/17/25	Choice of Milk 2/17/25	Choice of Milk 2/18/25	Choice of Milk 2/19/25	Choice of Milk 2/20/25	You must take at least 1/2 cup of fruit or vegetable
2/17/20	Breakfast Pizza	Breakfast Burrito	Glazed Doughnut	Churro	
OFTHE	Or	Or	Or	or	
AN A	Assorted Cereals or Cereal Bar	U	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	
	with Graham Crackers	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers	Whole Grain Cereal
	or Yogurt	with Graham Crackers	Nature Valley Bar	with Granam Grackers	Selection May Include:
mannin	•	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Cinnamon Toast Crunch
secol distance	Assorted 100% Fruit Juice				Trix
POCKETS	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Cocoa Puffs Fruity Chaorias
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	Fruity Cheerios Rice Crunch
2/24/25	Choice of Milk 2/25/25	Choice of Milk 2/26/25	Choice of Milk 2/27/25	Choice of Milk 2/28/25	Kix
					Cheerios
French Toast	Breakfast Pizza Or	Breakfast Sandwich	Pancake on a Stick	Asst. Muffins & Doughnuts	Fruit Loops
or Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Or	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	Frosted Flakes
		Assorted Caracle or Caracl Par			
with Graham Crackers	with Graham Crackers	Assorted Cereals or Cereal Bar	Nature Valley Bars	with Graham Crackers	
	or Yogurt	with Graham Crackers			Fruit Alexa la chadea
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Fruit May Include: Canned peaches, applesauce,
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	pears, pineapple, fruit cocktail,
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	mandarin oranges, 100% juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	(apple, orange), fresh fruit
2/2/25	2/4/25	2/5/25			
3/3/25 M	3/4/25	3/5/25	3/6/25	3/7/25	selection including apples,
Green Egg & Ham Sandwich	Breakfast Pizza	Yougurt	3/6/25 Funnel Cake	3/7/25 Minnni Cinnis	
Green Egg & Ham Sandwich or	Breakfast Pizza or	Yougurt	3/6/25 Funnel Cake or	3/7/25 Minnni Cinnis or	selection including apples,
Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar	Breakfast Pizza or Assorted Cereals or Cereal Bar	Yougurt or Waffles	3/6/25 Funnel Cake or Assorted Cereals or Cereal Bar	3/7/25 Minnni Cinnis or Assorted Cereals or Cereal Bar	selection including apples, bananas and oranges
Green Egg & Ham Sandwich or	Breakfast Pizza or	Yougurt or Waffles Assorted Cereals or Cereal Bar	3/6/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers	3/7/25 Minnni Cinnis or	selection including apples, bananas and oranges BETSY SMITH
Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers	3/6/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar	3/7/25 Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers	selection including apples, bananas and oranges BETSY SMITH General Manager
Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt Assorted 100% Fruit Juice	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	3/6/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar Assorted 100% Fruit Juice	3/7/25 Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	selection including apples, bananas and oranges BETSY SMITH General Manager <u>ma1035@metzcorp.com</u>
Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt Assorted 100% Fruit Juice & Assorted Fresh	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	3/6/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh	3/7/25 Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	selection including apples, bananas and oranges BETSY SMITH General Manager
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Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/10/25 French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/17/25 Mini Pancakes or	Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yougurt Assorted 100% Fruit Juice & Assorted Tresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/12/25 Egg & Cheese Burrito or Yougurt Assorted Cereals with Graham Crackers Assorted Tresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or	3/6/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Tresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or	3/7/25 Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/14/25 Choice of Milk 3/14/25 Strudel or	Selection including apples, bananas and oranges BETSY SMITH General Manager ma1035@metzcorp.com 814-926-4688 ext. 1111 NATIONAL BREAKFAST WEEK MARCH 3-7 Games & Give-away's all week
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