



ROCKWOOD ELEMENTARY SCHOOL BREAKFAST

Monday 12/30/25 WINTER	Tuesday 12/31/25	Wednesday	Thursday	Friday
	12/31/25			<u> </u>
WINTER &	, , ===	1/1/25	1/2/25	1/3/25
WINTER		Hello	Breakfast Muffin & Breads	Apple Strudel
			or	or
			Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Ba
FUN!			or	with Graham Crackers
	1 · All I		Nature Valley Bar	
	A		Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
			& Assorted Fresh	& Assorted Fresh
			or Canned Fruit	or Canned Fruit
1/1/05	1 /7 /05	1/0/05	Choice of Milk	Choice of Milk
1/6/25	1/7/25	1/8/25	1/9/25	1/10/25
Pancakes	Breakfast Pizza	Breakfast Burrito	Glazed Doughnut	Churro
or	or	or	or	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Ba
with Graham Crackers	with Graham Crackers or Yogurt	Assorted Cereals or Cereal Bar with Graham Crackers	with Graham Crackers Nature Valley Bar	with Graham Crackers
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	In-Service	Choice of Milk	Choice of Milk	Choice of Milk
1/13/25	1/14/25	1/15/25	1/16/25	1/17/25
French Toast	Breakfast Pizza	Breakfast Sandwich	Funnel Cake	Asst. Muffins & Doughnuts
or	or	or	or	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Ba
with Graham Crackers	with Graham Crackers	Assorted Cereals or Cereal Bar	Nature Valley Bars	with Graham Crackers
	or Yogurt	with Graham Crackers		
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk 1/20/25	Choice of Milk 1/21/25	Choice of Milk 1/22/25	Choice of Milk 1/23/25	Choice of Milk 1/24/25
1/20/23	Breakfast Pizza	Scrambled Eggs & Toast	Pancake on a Stick	Minnni Cinnis
OFTHE	Of	or	Of	or
8	Assorted Cereals or Cereal Bar	OI	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Ba
	or Yogurt	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers
	or roguit	with Graham Crackers	or Nature Valley Bar	With Granam Grackers
	ज्ञापा Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
School Distilled	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
OCKETA	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	ACT 80
1/27/25	1/28/25	1/29/25	1/30/25	1/31/25
French Toast	Breakfast Pizza	Egg & Cheese Burrito	Cinnamon Roll	Assortered Doughnuts & Muffir
or	or	or	or	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Yougurt	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Ba
with Graham Crackers	with Graham Crackers	Assorted Cereals	with Graham Crackers	with Graham Crackers
	or Yougurt	with Graham Crackers	Nature Valley Bar	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
2/3/25	2/4/25	2/5/25	2/6/25	2/7/25
Pancakes on a Stick or	Breakfast Pizza or	Egg & Cheese Sandwich or	Yougurt or	Strudel or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Fruit & Yougurt Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Ba
with Graham Crackers	with Graham Crackers	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers
5.3 5.401010	Nature Valley Bar	with Graham Crackers	Danam Graditoro	Jianam Ordonord
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
OLCANDED FOR	or Juniou i fuit	or Surmou Ffuit	Choice of Milk	Choice of Milk
Choice of Milk 2/3/25 Pancakes on a Stick	Choice of Milk 2/4/25 Breakfast Pizza	Choice of Milk 2/5/25 Egg & Cheese Sandwich	Choice of Milk 2/6/25 Yougurt	Choice of Milk 2/7/25 Strudel

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

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