



ROCKWOOD ELEMENTARY SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3/24/25 M	3/25/25	3/26/25	3/27/25	3/28/25
Waffles	Breakfast Pizza	Egg & Cheese Sandwich	Breakfast Muffin & Breads	Apple Strudel
or	or	or	or	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	-	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar
with Graham Crackers	or	Assorted Cereals or Cereal Bar	or	with Graham Crackers
	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
3/31/25	4/1/25	4/2/25	4/3/25	4/4/25
Pancakes	Breakfast Pizza	Breakfast Burrito	Glazed Doughnut	Churro
or	or API	or or	or	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar
with Graham Crackers	with Graham Crackers	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers
	or Yogurt	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
4/7/25	4/8/25	4/9/25	4/10//25	4/11/25
French Toast	Breakfast Pizza	Breakfast Sandwich	Pancake on a Stick	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 Bar
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
01 : (147)	01 : (14)	01 : (14:11	01 : (14:11	01 : (11)
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
4/14/25	4/15/25	4/16/25	4/17/25	Choice of Milk 4/18/25
4/14/25 Green Egg & Ham Sandwich	4/15/25 Breakfast Pizza	4/16/25 Yougurt	4/17/25 Funnel Cake	
4/14/25	4/15/25	4/16/25	4/17/25	
4/14/25 Green Egg & Ham Sandwich or	4/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar	4/16/25 Yougurt or	4/17/25 Funnel Cake or Assorted Cereals or Cereal Bar	4/18/25 G O O D
4/14/25 Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar	4/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt	4/16/25 Yougurt or Waffles	4/17/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers	4/18/25
4/14/25 Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar	4/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar	4/17/25 Funnel Cake or Assorted Cereals or Cereal Bar	4/18/25 G O O D
4/14/25 Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers	4/17/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar	4/18/25 G O O D
4/14/25 Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SIGN Assorted 100% Fruit Juice	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	4/17/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar Assorted 100% Fruit Juice	4/18/25 G O O D
4/14/25 Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SQL Assorted 100% Fruit Juice & Assorted Fresh	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	4/17/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh	4/18/25 G O O D
4/14/25 Green Egg & Ham Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SUL Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	4/17/25 Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers or Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	4/18/25 G O O D
4/14/25 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	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SUL Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	4/17/25 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	4/18/25 FRIDAY
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4/14/25 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	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SUL Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/22/25 Breakfast Pizza	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/23/25 Egg & Cheese Burrito	4/17/25 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 4/24/25 Cinnamon Roll	4/18/25 G 0 0 D F R I D A Y 4/25/25 Assortered Doughnuts & Muffins
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4/14/25 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	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SEQUIT Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/22/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/23/25 Egg & Cheese Burrito or Yougurt Assorted Cereals	4/17/25 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 4/24/25 Cinnamon Roll or Assorted Cereals or Cereal Bar with Graham Crackers	4/18/25 G 0 0 D F R I D A Y 4/25/25 Assortered Doughnuts & Muffins or Assorted Cereals or Cereal Bar
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4/14/25 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	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SILL Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk A/22/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yougurt Assorted 100% Fruit Juice	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/23/25 Egg & Cheese Burrito or Yougurt Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice	A/17/25 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 A/24/25 Cinnamon Roll or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice	4/18/25 G 0 0 D F R I D A Y 4/25/25 Assortered Doughnuts & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice
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4/14/25 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 4/21/25	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SIGNI Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk A/22/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yougurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/25 Breakfast Pizza	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/23/25 Egg & Cheese Burrito or Yougurt Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/25 Egg & Cheese Sandwich	A/17/25 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 A/24/25 Cinnamon Roll or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/25 Breakfast Breads	4/18/25 G 0 0 D FRIDAY 4/25/25 Assortered Doughnuts & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/25 Strudel
A/14/25 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 4/21/25	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SILL Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk A/22/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yougurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/25 Breakfast Pizza or	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/23/25 Egg & Cheese Burrito or Yougurt Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/25 Egg & Cheese Sandwich or	A/17/25 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 A/24/25 Cinnamon Roll or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/25 Breakfast Breads or	4/18/25 G 0 0 D FRIDAY 4/25/25 Assortered Doughnuts & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/25 Strudel or
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4/14/25 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 4/21/25 4/28/25 Mini Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt SIGIT Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk A/22/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yougurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yougurt Choice of Milk 4/29/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/23/25 Egg & Cheese Burrito or Yougurt Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/25 Egg & Cheese Sandwich or Fruit & Yougurt Bar Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	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 4/24/25 Cinnamon Roll or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/25 Breakfast Breads or Assorted Cereals or Cereal Bar with Graham Crackers	4/18/25 G 0 0 D FRIDAY 4/25/25 Assortered Doughnuts & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/25 Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice
4/14/25 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 4/21/25 4/28/25 Mini Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	A/15/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/22/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers or Yougurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/25 Breakfast Pizza or Assorted Teresh or Canned Fruit Choice of Milk 4/29/25 Assorted Teresh or Assorted Presh Assorted Teresh Assorted Teresh	4/16/25 Yougurt or Waffles Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/23/25 Egg & Cheese Burrito or Yougurt Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/25 Egg & Cheese Sandwich or Fruit & Yougurt Bar Assorted Cereals or Cereal Bar with Graham Crackers	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 4/24/25 Cinnamon Roll or Assorted Cereals or Cereal Bar with Graham Crackers Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/25 Breakfast Breads or Assorted Cereals or Cereal Bar with Graham Crackers Assorted Truit Choice of Milk 5/1/25 Assorted Cereals or Cereal Bar with Graham Crackers Assorted Teresh or Canned Fruit Choice of Milk 5/1/25 Assorted Fresh	4/18/25 G 0 0 D FRID A Y 4/25/25 Assortered Doughnuts & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/25 Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted 100% Fruit Juice & Assorted Fresh
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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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