

# ROCKWOOD ELEMENTARY SCHOOL BREAKFAST

Monday 3/24/25	Tuesday 3/25/25	Wednesday 3/26/25	Thursday 3/27/25	Friday 3/28/25
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 or Yogurt 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 or Nature Valley Bar 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
3/31/25	4/1/25	4/2/25	4/3/25	4/4/25
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 or Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit 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 Nature Valley Bar 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
4/7/25	4/8/25	4/9/25	4/10/25	4/11/25
French Toast 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 or Yogurt 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	Pancake on a Stick or Assorted Cereals or Cereal Bar Nature Valley Bars 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
4/14/25	4/15/25	4/16/25	4/17/25	4/18/25
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	Breakfast Pizza or Assorted Cereals or Cereal Bar or Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt or Waffles 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 or Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	
4/21/25	4/22/25	4/23/25	4/24/25	4/25/25
 Happy Easter 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 or Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Burrito or Yogurt Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	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	Assorted Doughnuts & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
4/28/25	4/29/25	4/30/25	5/1/25	5/2/25
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 Nature Valley Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Sandwich or Fruit & Yogurt Bar Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Breads or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

**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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JOIN US FOR BREAKFAST



**Student Paid Breakfast \$0.00      Student Reduced Breakfast \$0.00      Adult Breakfast \$2.07**

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