



## **ROCKWOOD HIGH SCHOOL BREAKFAST**

A A	Tuesday	Wa da a a dau.	The come of our	
Monday	Tuesday	Wednesday	Thursday	Friday
2/10/25	2/11/25	2/12/25	2/13/25	2/14/25
Waffles	Broakfast Pizza	Egg & Cheese Sandwich	Breakfast Muffin & Breads	Apple Strudel
or	and the state of t	or	Or	Or
Assorted Cereals or Cereal Bar	Assorted Cereals of Cereal Bar	A	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar
with Graham Crackers	Or Fruit and Vacuut	Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Oatmeal	with Graham Crackers
Assorted 100% Fruit Juice	Fruit and Yogurt 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
IN-SERVICE	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
2/17/25	2/18/25	2/19/25	2/20/25	2/21/25
	Breakfast Pizza	Breakfast Burrito	Glazed Doughnut	Churro
& OF THE	or	or	or	or
	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar
	with Graham Crackers	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers
	Yogurt Parfait	with Graham Crackers		
SORGOT DISTRICT	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
MOUNTS	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
CALL .	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
0/04/05	In-Service	Choice of Milk	Choice of Milk	Choice of Milk
2/24/25	2/25/25	2/26/25	2/27/25	2/28/25
French Toast	Breakfast Pizza	Breakfast Sandwich	Pancake on a Stick	Asst. Muffins & Doughnuts
or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	or	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar
with Graham Crackers		Assorted Cereals or Cereal Bar		with Graham Crackers
Willi Granam Grackers	or Smoothies	with Graham Crackers	or Nature Valley Bars	Willi Grandin Grackers
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
3/3/25 M	3/4/25	3/5/25	3/6/25	3/7/25
Breakfast Sandwich	Breakfast Pizza	Waffles	Funnel Cake	Minnni Cinnis
Breakfast Sandwich or	or	Waffles or	Funnel Cake or	or
		or Yougurt		
or	or	or	or	or
or Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar or Fruit an Yogurt	or Yougurt Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar or Assorted Oatmeal	or Assorted Cereals or Cereal Bar with Graham Crackers
or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice	or Yougurt Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice
or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh	or Yougurt Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh
or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	or Yougurt Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Yougurt Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/10/25	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25	or Yougurt Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/12/25	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
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 or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza	or Yougurt 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 Assorted Cereals or Cereal Bar or Assorted Oatmeal 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  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or	or Yougurt Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/12/25	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar	or Yougurt 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	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or	or Yougurt 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 Assorted Cereals	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies	or Yougurt 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 Assorted Cereals with Graham Crackers	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies	or Yougurt 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 Assorted Cereals with Graham Crackers	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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 Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
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	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25
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  Pancakes on a Stick or	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25
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 Pancakes on a Stick or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or Assorted Cereals or Cereal Bar	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or Fruit & Yougurt Bar	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25  Strudel or Assorted Cereals or Cereal Bar
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  Pancakes on a Stick or	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25
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 Pancakes on a Stick or Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or Fruit & Yougurt Bar Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25  Strudel or Assorted Cereals or Cereal Bar with Graham Crackers
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 Pancakes on a Stick or Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or Fruit & Yougurt Bar Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25  Strudel or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice
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 Pancakes on a Stick or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted Truit Choice of Milk 3/17/25 Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or Fruit & Yougurt Bar Assorted Cereals or Cereal Bar with Graham Crackers Assorted Teresh Assorted Fresh or Cereal Service or Service	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25  Strudel or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh
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 Pancakes on a Stick or Assorted Cereals or Cereal Bar with Graham Crackers	or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/11/25 Breakfast Pizza or Assorted Cereals or Cereal Bar or Smoothies Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/18/25 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Yougurt 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 Assorted Cereals with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/19/25 Egg & Cheese Sandwich or Fruit & Yougurt Bar Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/13/25 Cinnamon Roll or Assorted Cereals or Cereal Bar or Nature Valley Bars Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 3/20/25 Yougurt or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 3/14/25  Strudel or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice

## 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 General Manager

ma1035@metzcorp.com

814-926-4688 ext. 1111
NATIONAL BREAKFAST WEEK
3/3-3/7

Games & Prizes all week



JOIN US FOR BREAKFAST



USDA is an equal opportunity provider