

ROCKWOOD HIGH SCHOOL BREAKFAST

• •			SCHOOL BREAKFAS		
Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
12/30/24	12/31/24	1/1/25	1/2/25	1/3/25	You must choose at least 3 of the 4 components available for the
			Breakfast Muffin & Breads	Apple Strudel	school breakfast price.
WINTER N			or	or	
		D. D. V	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Choice of: Grain or grain/protein
FUN!			or	with Graham Crackers	Choice of fruit or vegetable (must take at least a 1/2 cup)
			Assorted Oatmeal		and
P.	A .		Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Choice of Milk
			& Assorted Fresh	& Assorted Fresh	Choice of Milk - 1% white, fat-free white, chocolate,
- H			or Canned Fruit	or Canned Fruit	
1/6/25	1/7/25	1/8/25	Choice of Milk	Choice of Milk	You must take at least 1/2 cup of
			1/9/25	1/10/25	fruit or vegetable
Pancakes or	Breakfast Pizza or	Breakfast Burrito or	Glazed Doughnut or	Churro or	
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	U	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	Whole Grain Cereal
	Yogurt Parfait	with Graham Crackers			Selection May Include:
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Cinnamon Toast Crunch
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Trix Cocoa Puffs
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	Fruity Cheerios
Choice of Milk	In-Service	Choice of Milk	Choice of Milk	Choice of Milk	Rice Crunch
1/13/25	1/14/25	1/15/25	1/16/25	1/17/25	Kix Cheerios
French Toast	Breakfast Pizza	Breakfast Sandwich	Funnel Cake	Asst. Muffins & Doughnuts	Fruit Loops
or	or	or	or	or	Frosted Flakes
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	
	Smoothies	with Graham Crackers	Nature Valley Bars		The Manager Landson and
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
/20/25	1/21/25	1/22/25	1/23/25	1/24/25	
1/20/25	1/21/25 Breakfast Pizza	1/22/25 Scrambled Eggs & Toast	1/23/25 Pancake on a Stick	1/24/25 Minnni Cinnis	selection including apples, bananas and oranges
1/20/25		1/22/25 Scrambled Eggs & Toast or			selection including apples,
1/20/25	Breakfast Pizza	Scrambled Eggs & Toast	Pancake on a Stick	Minnni Cinnis	selection including apples,
	Breakfast Pizza or	Scrambled Eggs & Toast	Pancake on a Stick or	Minnni Cinnis or	selection including apples,
T/20/25	Breakfast Pizza or Assorted Cereals or Cereal Bar	Scrambled Eggs & Toast or	Pancake on a Stick or Assorted Cereals or Cereal Bar	Minnni Cinnis or Assorted Cereals or Cereal Bar	selection including apples, bananas and oranges
ROCKWOOD SCHOOLDISTRICH	Breakfast Pizza or Assorted Cereals or Cereal Bar or	Scrambled Eggs & Toast or Assorted Cereals or Cereal Bar	Pancake on a Stick or Assorted Cereals or Cereal Bar or	Minnni Cinnis or Assorted Cereals or Cereal Bar	selection including apples, bananas and oranges BETSY SMITH
T/20/25	Breakfast Pizza or Assorted Cereals or Cereal Bar or Fruit an Yogurt	Scrambled Eggs & Toast or Assorted Cereals or Cereal Bar with Graham Crackers	Pancake on a Stick or Assorted Cereals or Cereal Bar or Assorted Oatmeal	Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers	selection including apples, bananas and oranges BETSY SMITH General Manager
T/20/25	Breakfast Pizza or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Scrambled Eggs & Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Pancake on a Stick or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	selection including apples, bananas and oranges BETSY SMITH General Manager ma1035@metzcorp.com
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SCHOOL DISTRICT SCHOOL DISTRICT VICED	Breakfast Pizza or Assorted Cereals or Cereal Bar or Fruit an Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/28/25	Scrambled Eggs & Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Tresh or Canned Fruit Choice of Milk 1/29/25	Pancake on a Stick or Assorted Cereals or Cereal Bar or Assorted Oatmeal Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/25	Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80 1/31/25	BETSY SMITH General Manager ma1035@metzcorp.com 814-926-4688 ext. 1111
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