

## **ROCKWOOD HIGH SCHOOL BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
3/24/25	3/25/25	3/26/25	3/27/25	3/28/25	You must choose at least 3 of the 4 components available for the
Waffles	Breakfast Pizza	Egg & Cheese Sandwich	Breakfast Muffin & Breads	Apple Strudel	school breakfast price.
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	Choice of: Grain or grain/protein
with Graham Crackers	or	Assorted Cereals or Cereal Bar	or	with Graham Crackers	Choice of fruit or vegetable (must take at least a 1/2 cup)
	Fruit and Yogurt	with Graham Crackers	Assorted Oatmeal		and
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Choice of Milk
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Choice of Milk - 1% white, fat-free white, chocolate,
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	while, chocoldie,
IN-SERVICE	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	You must take at least 1/2 cup of
3/31/25	4/1/25	4/2/25	4/3/25	4/4/25	fruit or vegetable
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 Bar	Whole Grain Cereal
with Graham Crackers	with Graham Crackers	Assorted Cereals or Cereal Bar	with Graham Crackers	with Graham Crackers	Selection May Include:
	Yogurt Parfait	with Graham Crackers			Cinnamon Toast Crunch
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Trix
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Cocoa Puffs
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	Fruity Cheerios Rice Crunch
Choice of Milk 4/7/25	In-Service 4/8/25	Choice of Milk 4/9/25	Choice of Milk 4/10/25	Choice of Milk 4/11/25	Kix
French Toast	Breakfast Pizza	Breakfast Sandwich	Pancake on a Stick	Asst. Muffins & Doughnuts	Cheerios
or	Or	Or	Or	ASSI. Mullins & Doughnuis Or	Fruit Loops Frosted Flakes
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	U	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	riosied riakes
with Graham Crackers	Or	Assorted Cereals or Cereal Bar	Or	with Graham Crackers	
	Smoothies	with Graham Crackers	Nature Valley Bars	with Oranam Orackers	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Fruit May Include:
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Canned peaches, applesauce,
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	pears, pineapple, fruit cocktail,
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	mandarin oranges, 100% juice (apple, orange), fresh fruit
4/14/25	4/15/25	4/16/25	4/17/25	4/18/25	selection including apples,
Breakfast Sandwich	Breakfast Pizza	Waffles	Funnel Cake		bananas and oranges
or	or	or	or	0.0.0.0	
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Yougurt	Assorted Cereals or Cereal Bar	GOOD	
with Graham Crackers	or	Assorted Cereals or Cereal Bar	or	FRIDAY	BETSY SMITH
	Fruit an Yogurt	with Graham Crackers	Assorted Oatmeal		General Manager
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		ma1035@metzcorp.com
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	+ +	814-926-4688 ext. 1111
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	and the second	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	the second s	
4/21/25	4/22/25	4/23/25	4/24/25	4/25/25	
	Breakfast Pizza	Egg & Cheese Burrito	Cinnamon Roll	Assortered Doughnuts & Muffins	
	or Assorted Cereals or Cereal Bar	or	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	
		Assorted Cereals			
A AND A DE	or Smoothies	with Graham Crackers	or Nature Valley Bars	with Graham Crackers	
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
a capped	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
4/28/25	4/29/25	4/30/25	5/1/25	5/2/25	
Pancakes on a Stick	Breakfast Pizza	Egg & Cheese Sandwich	Breakfast Breads	May Strudel	JOIN US FOR BREAKFAST
or	Or	or	or	or	
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Fruit & Yougurt 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	
		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	
ACT 80	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
			•		USDA is an equal opportunity
Student Paid Breakfast \$0.00 Student Reduced Breakfast \$0.00 Adult Breakfast \$2.07					



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