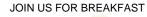


## **ROCKWOOD HIGH SCHOOL BREAKFAST**

Monday 👔	Tuesday	Wednesday	Thursday	Friday	What is a Meal? You must choose at least 3 of the
11/18/24	11/19/24	11/20/24	11/21/24	11/22/24	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
11/25/24	11/26/24	11/27/24	11/28/24	11/29/24	fruit or vegetable
Pancakes	Breakfast Pizza	Breakfast Burrito			
or	or	or			
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar				Whole Grain Cereal
with Graham Crackers	with Graham Crackers	Assorted Cereals or Cereal Bar		INNREI	
	Yogurt Parfait	with Graham Crackers		HANKING	Selection May Include: Cinnamon Toast Crunch
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		INVA PALSER	Trix
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh			Cocoa Puffs
or Canned Fruit	or Canned Fruit	or Canned Fruit	KALL	1 All and and	Fruity Cheerios
Choice of Milk	In-Service	Choice of Milk			Rice Crunch Kix
12/2/24	12/3/24	12/4/24	12/5/24	12/6/24	Cheerios
DECEMBER	Breakfast Pizza	Breakfast Sandwich	Funnel Cake	Asst. Muffins & Doughnuts	Fruit Loops
and states of	or	or	or	or	Frosted Flakes
Constant L	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	
A CONTRACTOR OF THE OWNER	or	Assorted Cereals or Cereal Bar	or	with Graham Crackers	
	Smoothies	with Graham Crackers	Nature Valley Bars		
	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	Canned peaches, applesauce, pears, pineapple, fruit cocktail,
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	mandarin oranges, 100% juice
10/0/04	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	(apple, orange), fresh fruit
12/9/24	12/10/24	12/11/24	12/12/24	12/13/24	selection including apples,
Waffles	Breakfast Pizza	Scrambled Eggs & Toast	Pancake on a Stick	Minnni Cinnis	bananas and oranges
or Assessed Oscial Dec	or Assorted Cereals or Cereal Bar	or	Or Asserted Osmala as Osmal Day	Or Assessed Oscial Dec	
Assorted Cereals or Cereal Bar		Assarted Caracle as Caracl Day	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	
with Graham Crackers	or	Assorted Cereals or Cereal Bar	or	with Graham Crackers	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	Assorted 100% Fruit Juice	ma1035@metzcorp.com
& Assorted Fresh	& 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	or Canned Fruit	
Choice of Milk 12/16/24	Choice of Milk 12/17/24	Choice of Milk 12/18/24	Choice of Milk 12/19/24	ACT 80	
French Toast					
	Breakfast Pizza	Egg & Cheese Burrito	Cinnamon Roll	Assortered Doughnuts & Muffins	
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	
		Assorted Cereals		with Graham Crackers	
with Graham Crackers	or Smoothies		or Nature Valley Bars	with Granam Grackers	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	with Graham Crackers Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
			& Assorted T00% Fruit Juice		
& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	or Canned Fruit	& Assorted Fresh or Canned Fruit	
Choice of Milk 12/23/24	Choice of Milk 12/24/24	Choice of Milk 12/25/24	Choice of Milk 12/26/24	Choice of Milk 12/27/24	
12,20,24		,_0,	12/20/27		



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USDA is an equal opportunity provider

Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

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Adult Breakfast \$2.07