



# thay !

## **ROCKWOOD SCHOOL BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
5/6/24	5/7/24	5/8/24	5/9/24	5/10/24
Waffles	Breakfast Pizza	Egg & Cheese Sandwich	Breakfast Muffin & Breads	Apple Strudel
or	or	or	or	or
ssorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar
with Graham Crackers	with Graham Crackers	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
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
5/13/24	5/14/24	5/15/24	5/16/24	5/17/24
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	Assorted Cereals or Cereal Ba
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers
Wat Granam Graditore	With Granam Grackoro	With Granam Graditore	With Granam Graditore	With Ordinalli Ordonoro
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	In-Service	Choice of Milk	Choice of Milk	Choice of Milk
5/20/24	5/21/24	5/22/24	5/23/24	5/24/24
Mini Pancakes	Breakfast Pizza	Breakfast Sandwich	Funnel Cake	Asst. Muffins & Doughnuts
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	Assorted Cereals or Cereal Ba
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers
With Granam Graditore	With Clanam Clackers	With Oranam Graditord	With Granam Graditor	With Granam Graditord
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
& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24	& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk
& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24	& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24
& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24 Breakfast Pizza	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24 Breakfast Sandwich	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24 Breakfast Scramble	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24 Minnni Cinnis or
& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24 Breakfast Pizza or Assorted Cereals or Cereal Bar	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24 Breakfast Sandwich or Assorted Cereals or Cereal Bar	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24 Breakfast Scramble or Assorted Cereals or Cereal Bar	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24 Minnni Cinnis or Assorted Cereals or Cereal Ba
& Assorted Fresh or Canned Fruit Choice of Milk	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24 Breakfast Pizza or	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24 Breakfast Sandwich or	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24 Breakfast Scramble or	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24 Minnni Cinnis or
& Assorted Fresh or Canned Fruit Choice of Milk 5/27/24	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24 Breakfast Pizza or Assorted Cereals or Cereal Bar	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24 Breakfast Sandwich or Assorted Cereals or Cereal Bar	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24 Breakfast Scramble or Assorted Cereals or Cereal Bar	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24 Minnni Cinnis or Assorted Cereals or Cereal Ba
& Assorted Fresh or Canned Fruit Choice of Milk 5/27/24	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24 Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24 Breakfast Scramble or Assorted Cereals or Cereal Bar with Graham Crackers	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24 Minnni Crinis or Assorted Cereals or Cereal Ba with Graham Crackers
& Assorted Fresh or Canned Fruit Choice of Milk 5/27/24	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24 Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24 Breakfast Scramble or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24 Minnni Cinnis or Assorted Cereals or Cereal Ba with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh
& Assorted Fresh or Canned Fruit Choice of Milk 5/27/24	& Assorted Fresh or Canned Fruit Choice of Milk 5/28/24 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	& Assorted Fresh or Canned Fruit Choice of Milk 5/29/24 Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	& Assorted Fresh or Canned Fruit Choice of Milk 5/30/24 Breakfast Scramble or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	& Assorted Fresh or Canned Fruit Choice of Milk 5/31/24 Minnni Cinnis or Assorted Cereals or Cereal Ba with Graham Crackers Assorted 100% Fruit Juice

# 6/10/24 6/11/24 6/12/24 6/13/24 6/14/24 6/10/24 6/11/24 6/12/24 6/13/24 6/14/24

**Student Paid Breakfast \$0.00** 

**Student Reduced Breakfast \$0.00** 

Adult Breakfast \$2.07

### 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



JOIN US FOR BREAKFAST



USDA is an equal opportunity provider