


may 

Rockwood Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
5/23/22	5/24/22	5/25/22	5/26/22	5/27/22
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	Minni Cinni Roll or Assorted Cereals or Cereal Bar with Graham Crackers	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers	Muffins or Assorted Cereals or Cereal Bar with Graham Crackers
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/30/22	5/31/22	6/1/22	6/2/22	6/3/22
	Assorted Breads & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Burrito or Assorted Cereals or Cereal Bar with Graham Crackers	Waffles with Syrup or Assorted Cereals or Cereal Bar with Graham Crackers	Cooks Choice or Assorted Cereals or Cereal Bar with Graham Crackers
	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

BREAKFAST is SERVED



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, ,
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

Menu subject to change due too
product availability.

BETSY SMITH
General Manager

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Fruit May Include:

Canned peaches, applesauce,
pears, pineapple, fruit cocktail,
mandarin oranges, 100% juice
(apple, orange), fresh fruit
selection including apples,
bananas and oranges



USDA is an equal opportunity provider
and employer.



Student Paid Breakfast \$0.00

Student Reduced Breakfast \$0.00

Adult Breakfast \$2.70