

ROCKWOOD SCHOOL BREAKFAST

Monday 2/12/24	Tuesday 2/13/24	Wednesday 2/14/24	Thursday 2/15/24	Friday 2/16/24
Waffles or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Muffin & Breads or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
2/19/24	2/20/24	2/21/24	2/22/24	2/23/24
	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit In-Service	Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Glazed Doughnut or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Churro or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
2/26/24	2/27/24	2/28/24	2/29/24	3/1/24
Mini Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Asst. Muffins & Doughnuts or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
3/4/24	3/5/24	3/6/24	3/7/24	3/8/24
Waffles or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Scramble or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Minnni Cinnis or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80
3/11/24	3/12/24	3/13/24	3/14/24	3/15/24
French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Burrito or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Funnel Cake or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Doughnuts & Muffins or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
3/18/24	3/19/24	3/20/24	3/21/24	3/22/24
Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit ACT 80	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
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

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Breakfast will remain open until 9 am, daily.

Get a Full Breakfast

Fun Games and Give away's
 all month.

NATIONAL BREAKFAST WEEK

MARCH 4-8

Prizes and Games all Week



JOIN US FOR BREAKFAST

We will have games and Prizes in February.

Get Ready for Some FUN



USDA is an equal opportunity provider