



ROCKWOOD SCHOOL BREAKFAST

Monday Tuesday 2/12/24 2/13/24 Waffles Breakfast Pizza or Or Assorted Cereals or Cereal Bar with Graham Crackers with Graham Crackers Wednesday Thursday Friday 2/14/24 2/15/24 2/16/24 Breakfast Muffin & Breads Apple Strudel or or Assorted Cereals or Cereal Bar with Graham Crackers		1
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Assorted 100% Fruit Juice		(
or Canned Fruit		
Choice of Milk		
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Mini Pancakes Breakfast Pizza Breakfast Sandwich Funnel Cake Asst. Muffins & Doug	ghnuts	
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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 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