

Rocky Grove High School Breakfast Menu March 26-May 4, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3/26/18	3/27/18	3/28/18	3/29/18	3/30/18
Breakfast Pizza w/Syrup or Assorted Cereals with Mini Muffin	Sausage & Cheese Bagel or Assorted Cereals with Mini Muffin	Pancake & Sausage Stick or Assorted Cereals with Mini Muffin	Easter Vacation 	Easter Vacation 
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk		
4/2/18	4/3/18	4/4/18	4/5/18	4/6/18
Easter Vacation 	Easter Vacation 	Pancake & Sausage Stick or Assorted Cereals with Mini Muffin	Sausage Bagel or Assorted Cereals with Mini Muffin	Donuts or Assorted Cereals with Mini Muffin
		Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/9/18	4/10/18	4/11/18	4/12/18	4/13/18
Breakfast Pizza w/Syrup or Assorted Cereals with Mini Muffin	Sausage & Cheese Bagel or Assorted Cereals with Mini Muffin	Pancake & Sausage Stick or Assorted Cereals with Mini Muffin	Sausage Bagel or Assorted Cereals with Mini Muffin	Donuts or Assorted Cereals with Mini Muffin
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/16/18	4/17/18	4/18/18	4/19/18	4/20/18
Breakfast Pizza or Assorted Cereals with Mini Muffin	Sausage & Cheese Bagel or Assorted Cereals with Mini Muffin	Pancake & Sausage Stick or Assorted Cereals with Mini Muffin	Sausage Bagel or Assorted Cereals with Mini Muffin	Donuts or Cereals with Mini Muffin
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/23/18	4/24/18	4/25/18	4/26/18	4/27/18
Breakfast Pizza or Assorted Cereals with Mini Muffin	Sausage & Cheese Bagel or Assorted Cereals with Mini Muffin	Pancake & Sausage Stick or Assorted Cereals with Mini Muffin	Sausage Bagel or Assorted Cereals with Mini Muffin	Donuts or Cereals with Mini Muffin
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/30/18	5/1/18	5/2/18	5/3/18	5/4/18
Breakfast Pizza or Assorted Cereals with Mini Muffin	Sausage & Cheese Bagel or Assorted Cereals with Mini Muffin	Pancake & Sausage Stick or Assorted Cereals with Mini Muffin	Sausage Bagel or Assorted Cereals with Mini Muffin	Donuts Dinner Roll or Assorted Cereals with Mini Muffin
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

What is a Meal?

You must choose at least 3 of the 4 components available for the schoolbreakfast 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, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:

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



Whole Grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Reese's Puffs
- Trix
- Cheerios
- Lucky Charms
- Cinn. Rice Chex

Served with Belly Bears

Menu Subject to Change without notice

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complaint form, call (866) 632-6992.

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW Washington, D.C. 20250-9410,

Tel: (202) 696-7442 or (2) email: program.intake@usda.gov

This institution is an equal opportunity provider.

Student Paid Breakfast \$1.25

Student Reduced Breakfast \$0.30

Adult Breakfast \$2.10