

Rockford Middle and High School Breakfast Menu

February
2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | | 1 Plain Long John Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 2 Breakfast Bowl Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 3 Mini Eggo Waffles Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk |
| 6 Cheesy Ham Melt Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 7 Blueberry Muffin Cheese Stick Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 8 Coffee Cake Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 9 Yogurt Parfait with Fruit & Granola Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 10 Breakfast Burrito Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk |
| 13 Breakfast Flatbread Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 14 Chocolate Banana Bread Overnight Oats Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 15 Strawberry Cream Cheese Filled Bagel Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 16 Bacon, Egg & Cheese on English Muffin Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 17 Biscuits & Gravy Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk |
| 20 No School | 21 Breakfast Sandwich Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 22 Chocolate Chip Muffin Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 23 Cinnamon Roll Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 24 Breakfast Banana Split Yogurt Parfait Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk |
| 27 Brekkie Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | 28 Chocolate Chip Muffin Cheese Stick Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk | | Great way to start the day!!! | |

PRICES

| | |
|-------------------|--------|
| Student Breakfast | \$2.00 |
| Adult Breakfast | \$2.25 |
| Milk | \$.60 |

EXTRA INFO

Free and reduced forms still available

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



Menus are subject to change without notice. This institution is an equal opportunity provider.