

Rockford Middle and High School Breakfast Menu



Plain Long John Choice of Careal Educational Crackers Vogetable Selection Pruit or Juice Select	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Plain Long John Choice of Careal Educational Crackers Vegetable Selection Prut or Juice Selection Prut	MUNDAI	IOESUAI			
Choice of Careal Educational Crackers Vegetable Selection Fruit or Julice Selection Truit or Jul					
Educational Crackers Vegetable Selection Fruit or Julius Selection Fr			Plain Long John	Breakfast Bowl	Mini Eggo Waffles
Fruit or Julice Selection 1% Milk 6 7 Blueberry Muffin Cheese Stick Choice of Cereal Educational Crackers Vegetable Selection Fruit or Julice Sele					
Blueberry Muffin Cheese Stack Choice of Cereal Educational Crackers Vegetable Selection Fruit or Julice Selection Fruit or					
heesy Ham Melt Cheses Stick Choice of Cereal Educational Crackers Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk 13 14 Choice of Cereal Educational Crackers Vegetable Selection 1% Milk 15 Choice of Cereal Educational Crackers Vegetable Selection 1% Milk 15 Chocolate Banana Bread Overnight Oats Crackers Vegetable Selection Fruit or Juice Selection 1% Milk 15 Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk 16 Chocolate Banana Bread Overnight Oats Crackers Vegetable Selection Fruit or Juice Selec			1% Milk	1% Milk	1% Milk
Choice of Cereal Educational Crackers Vegetable Selection Fruit or Julice Selection Fruit or Jul	6	7	8	9	10
tholice of Cereal Educational Crackers Vegetable Selection Fruit or Julice Selection Fruit or Ju	Cheesy Ham Melt		Coffee Cake		Breakfast Burrito
Vegetable Selection Fruit or Julice Selection 1% Milk Fruit or Julice Selection 1% Milk Fruit or Julice Selection 1% Milk Vegetable Selection 1% Milk If 0	Choice of Cereal Educational Crackers	Choice of Cereal	Educational Crackers	Choice of Cereal Educational Crackers	
1% Milk	Vegetable Selection Fruit or Juice Selection		Fruit or Juice Selection	Fruit or Juice Selection	
Chocolate Banana Bread Overnight Cats Choice of Cereal Educational Crackers Vegetable Selection Fruit or Julice Selection	1% Milk	1% Milk	1 70 IVIIIK	1 76 IVIIIK	1% Milk
Overnight Oats Overnight Oats Overnight Oats Overnight Oats Choice of Cereal Educational Crackers Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection	13)	(14)	(15)	(16)	(17)
Educational Crackers Educational Crackers Vegetable Selection Fruit or Juice Selection Fruit o	Breakfast Flatbread				Biscuits & Gravy
Fruit or Juice Selection 1% Milk 1% Mi	Choice of Cereal Educational Crackers				
20 Breakfast Sandwich Choice of Cereal Educational Crackers Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk 1%	Vegetable Selection Fruit or Juice Selection				
Breakfast Sandwich Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Treekkie Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Treekkie Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Truit or Juice Selection	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Breakfast Sandwich Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Treekkie Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Treekkie Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Truit or Juice Selection	20)	21)	22	(23)	24)
Educational Crackers Vegetable Selection Fruit or Juice Selection 1% Milk 1% Milk 1% Milk Choice of Cereal Educational Crackers Educational Crackers Vegetable Selection Fruit or Juice Selection Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Fruit or Juice Selection 1% Milk Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Great way to start the day!!!	No School				Breakfast Banana Split Yogurt
Fruit or Juice Selection Great way to start the day!!!					
28 Chocolate Chip Muffin Cheese Stick Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Fruit or Juice Selection Great way to start the day!!!					
Chocolate Chip Muffin Cheese Stick Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Fruit or Juice Selection Great way to start the day!!!		1% Milk	1% Milk	1% Milk	1% Milk
Chocolate Chip Muffin Cheese Stick Choice of Cereal Educational Crackers Vegetable Selection Fruit or Juice Selection Fruit or Juice Selection Great way to start the day!!!	27	28			
Educational Crackers Vegetable Selection Fruit or Juice Selection Great way to start the day!!!	Brekkie	Chocolate Chip Muffin			
Fruit or Juice Selection Fruit or Juice Selection Great way to start the day!!!	Choice of Cereal Educational Crackers				
	Vegetable Selection Fruit or Juice Selection			Creat way to start the decill	
	1% Milk	1% Milk		Great way to start the day!!!	

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

Free and reduced forms still available



