



Rockford Elementary Breakfast Menu

October
2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Brekkie Vegetable Selection Fruit or Juice Selection 1% Milk	4 Cinnamon Roll Cheese Stick Vegetable Selection Fruit or Juice Selection 1% Milk	5 Plain Bagel Cream Cheese Vegetable Selection Fruit or Juice Selection 1% Milk	6 Blueberry Loaf Cheese Stick Vegetable Selection Fruit or Juice Selection 1% Milk	7 Mini-Cinnis Vegetable Selection Fruit or Juice Selection 1% Milk
10 Strawberry Banana Yogurt Dippable Graham Snacks Vegetable Selection Fruit or Juice Selection 1% Milk	11 Cocoa Puffs Vegetable Selection Fruit or Juice Selection 1% Milk	12 Banana Muffin Cheese Stick Vegetable Selection Fruit or Juice Selection 1% Milk	13 Banana Chocolate Loaf Vegetable Selection Fruit or Juice Selection 1% Milk	14 Blueberry Muffin Cheese Stick Vegetable Selection Fruit or Juice Selection 1% Milk
17 Cinnamon Cream Cheese Filled Bagel Vegetable Selection Fruit or Juice Selection 1% Milk	18 Cheerios Vegetable Selection Fruit or Juice Selection 1% Milk	19 Have A Great Weekend	20 MEA Weekend	21 MEA Weekend
24 Brekkie Vegetable Selection Fruit or Juice Selection 1% Milk	25 Cinnamon Crisps Cheese Stick Vegetable Selection Fruit or Juice Selection 1% Milk	26 Plain Bagel Cream Cheese Vegetable Selection Fruit or Juice Selection 1% Milk	27 Cinnamon Pop-Tart Cheese Stick Vegetable Selection Fruit or Juice Selection 1% Milk	28 Plain Long John Vegetable Selection Fruit or Juice Selection 1% Milk
31 Cheerios Vegetable Selection Fresh Fruit Bar 1% Milk	Don't eat all the holiday candy Save some for Chef or maybe one piece for your teachers			

PRICES

Milk	\$.60
Kinder Breakfast	Free
Elementary Breakfast	\$2.00
Adult Breakfast	\$2.25

EXTRA INFO

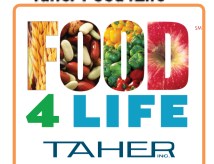
Free and Reduced Forms are Still Available

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



www.taher.com

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