



PAID: \$1.90 REDUCED: 30¢
ADULTS/GUEST: \$2.50

JANUARY 2024

ROCHESTER HIGH SCHOOL

Manager: **AMANDA WEYANT**

Leah Sutton
Missy Smith
Autumn Hughes

Linda Turnipseed
Jill Thomas
Valerie Conley

Monday

**WINTER
BREAK**

Tuesday

**WINTER
BREAK**

Wednesday

BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

Thursday

PANCAKE ON A STICK
STRAWBERRY CUP
APPLE JUICE
MILK

Friday

BREAKFAST BURRITO
SLICED PEARS
ORANGE JUICE
MILK

PANCAKES & SAUSAGE
SLICED PEACHES
FRUIT PUNCH JUICE
MILK

BREAKFAST PIZZA
RED OR GRAVY
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE MILK

BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

PANCAKE ON A STICK
STRAWBERRY CUP
APPLE JUICE
MILK

BREAKFAST BURRITO
SLICED PEARS
ORANGE JUICE
MILK

PANCAKES & SAUSAGE
SLICED PEACHES
FRUIT PUNCH JUICE
MILK

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RED OR GRAVY
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE MILK

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FLAVORED APPLESAUCE
GRAPE JUICE
MILK

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STRAWBERRY CUP
APPLE JUICE
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MILK

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SLICED PEACHES
FRUIT PUNCH JUICE
MILK

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RED OR GRAVY
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE MILK

BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

PANCAKE ON A STICK
STRAWBERRY CUP
APPLE JUICE
MILK

BREAKFAST BURRITO
SLICED PEARS
ORANGE JUICE
MILK

PANCAKES & SAUSAGE
SLICED PEACHES
FRUIT PUNCH JUICE
MILK

BREAKFAST PIZZA
RED OR GRAVY
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE MILK

BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

OFFERED DAILY WHEN AVAILABLE
BENEFIT BARS, CEREAL, CEREAL BARS
DONUTS, POPTARTS, MUFFINS, PASTRIES
FRUELS, PULL APARTS, BAGLES
Choice of Milk, Choice of Juice, Canned and fresh fruit

MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Breakfast: (Mon, Tues, Thurs, Fri) 7:30 A.M. (Wednesday) 8:00 A.M.

ALACART Milk .40

WELCOME BACK!!!!



PAID: \$2.85 REDUCED: 40¢
ADULTS/GUEST: \$4.60

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Leah Sutton
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Autumn Hughes

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Jill Thomas
Valerie Conley

Monday

**WINTER
BREAK**

Tuesday

**WINTER
BREAK**

Wednesday

BBQ PORK SANDWICH
CHICKEN TENDERS
W/DINNER ROLL
MACARONI & CHEESE
CARROTS
SLICED PEACHES
SLICED PEARS

Thursday

MOSTACCIOLI
W/GARLIC BREAD
ITALIAN SUB
ROASTED CAULIFLOWER
GARDEN SALAD
SLICED PEACHES
KIWI

Friday

CHEESE PIZZA
PEPPERONI PIZZA
W/ MARINARA
CONEY & CHEESE FRIES
SEASONED GREEN BEANS
RED DELICIOUS APPLE
APRICOT CUP

ASIAN CHICKEN BOWL
TERIYAKI BEEF BITES
WG VEGETABLE LO-MEIN
STEAMED BROCCOLI
CARROTS
GOLDEN DELICIOUS APPLE
BANANA

WALKING TACO
CONEY & CHEESE DOG
LETTUCE
TOMATO
REFRIED BEANS
STRAWBERRY CUP
CUTIES

SLOPPY JOE SANDWICH
POPCORN CHICKEN
W/ BREADSTICK
WEDGE CUT POTATOES
SEASONED CORN
PEARS
APRICOT CUP

CHICKEN NOODLES
SLICED TURKEY W/ GRAVY
DINNER ROLL
MASHED POTATOES
SEASONED GREEN BEAN
SLICED PEACHES
FRUIT COCKTAIL

PERSONAL PAN PIZZA
W/ MARINARA
FISH SANDWICH
CHEESY POTATOES
FRESH BROCCOLI
FLAVORED APPLESAUCE
WATERMELON

AMERICANA CHICKEN SANDWICH
BOSCO'S
W/ MARINARA & CHEESE
WEDGE FRIES
BUTTERED PEAS
RASINS
GRANNY SMITH APPLE

FLOUR SOFT TACO
GRILLED CHICKEN SANDWICH
REFRIED BEANS
LETTUCE & TOMATOES
RED PEPPER RINGS
ORANGE
STRAWBERRIES

BBQ WINGS
HOT WINGS
BREADSTICKS
CRINKLE FRENCH FRIES
CELERY & CARROTS STICKS
MIXED FRUIT CUP
SLICED PEARS

CHICKEN PENNE ALFREDO
W/GARLIC BREAD
HOT HAM & CHEESE
ROMAINE SIDE SALAD
SEASONED PEAS
SLICED PEARS
GOLDEN DELICIOUS APPLES

FIESTADA PIZZA
W/SALSA & SOUR CREAM
FISH TACO
W/SLAW & BAJA SAUCE
FRENCH FRIES
SEASONED CARROTS
CELERY STICKS
APPLESAUCE

BREADED CHICKEN SANDWICH
HOT & SPICY CHICKEN SANDWICH
WEDGE FRIES
BAKED BEANS
SLICED PEACHES
SHERBERT
RED DELICIOUS APPLE

LOADED MAC & CHEESE BOWL
LOADED POTATO BOWL
REFRIED BEANS
SEASONED CORN
LETTUCE & ONIONS
BANANA
GALA APPLE

RODEO BURGER
TURKEY BURGER
CHIPS
CARROTS
CHERRY TOMATOES
STRAWBERRY CUP
APRICOT CUP
COOKIE

CORN DOG
CHICKEN NOODLES
W/ DINNER ROLL
MASHED POTATOES
SEASONED GREEN BEAN
SLICED PEACHES
FRUIT COCKTAIL

CHEESE PIZZA
PEPPERONI PIZZA
W/ MARINARA
CONEY & CHEESE FRIES
SEASONED GREEN BEANS
RED DELICIOUS APPLE
APRICOT CUP

ASIAN CHICKEN BOWL
TERIYAKI BEEF BITES
WG VEGETABLE LO-MEIN
STEAMED BROCCOLI
CARROTS
GOLDEN DELICIOUS APPLE
BANANA

STEAK FAJITA
HOT HAM & CHEESE
REFRIED BEANS
LETTUCE & TOMATOES
RED PEPPERS & ONIONS
ORANGE
STRAWBERRIES

BBQ WINGS
HOT WINGS
BREADSTICKS
CRINKLE FRENCH FRIES
CELERY & CARROTS STICKS
MIXED FRUIT CUP
SLICED PEARS

ALACARTE REIMBURSABLE ENTRÉE
MONDAY: MINI CORN DOGS
TUESDAY: CHEESEBURGER
WEDNESDAY: CHEESY PULL APART
THURSDAY: CHICKEN
FRIDAY: CALZONE



PAY FOR MEALS ONLINE
MySchoolBucks.com

DEPOSITS DO NOT POST IMMEDIATELY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER---MENU SUBJECT TO CHANGE BASED ON AVAILABILITY

ROTATING REIMBURSABLE ENTREES
ENTRÉE SALADS
WRAPS
COLD SANDWICH
PARFAITS
HOMEMADE PB&J
FRUIT & MEAT CUP
YOGURT & STRING CHEESE
UNCRUSTABLES
WELCOME BACK!!!!

AND JUSTICE FOR ALL



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA’s TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling **(866) 632-9992**, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al **(202) 720-2600** (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al **(800) 877-8339**.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, en cualquier oficina del USDA, llamando al **(866) 632-9992**, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
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1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o´

fax:
(833) 256-1665 o´ (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.