



BREAKFAST

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

FEBRUARY 2024

ROCHESTER HIGH SCHOOL

Manager: **AMANDA WEYANT**

Leah Sutton
Missy Smith
Autumn Hughes

Linda Turnipseed
Jill Thomas
Valerie Conley

Monday

Tuesday

Wednesday

Thursday

Friday

5
PANCAKES & SAUSAGE
SLICED PEACHES
FRUIT PUNCH JUICE
MILK

6
BREAKFAST PIZZA or
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE
MILK

7
BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

1
PANCAKE ON A STICK
STRAWBERRY CUP
APPLE JUICE
MILK

2
BREAKFAST BURRITO
SLICED PEARS
ORANGE JUICE
MILK

12
PANCAKES & SAUSAGE
SLICED PEACHES
FRUIT PUNCH JUICE
MILK

13
BREAKFAST PIZZA or
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE
MILK

14
BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

15
PANCAKE ON A STICK
STRAWBERRY CUP
APPLE JUICE
MILK

16
BREAKFAST BURRITO
SLICED PEARS
ORANGE JUICE
MILK

19
PANCAKES & SAUSAGE
SLICED PEACHES
FRUIT PUNCH JUICE
MILK

20
BREAKFAST PIZZA or
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE
MILK

21
BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

22
PANCAKE ON A STICK
STRAWBERRY CUP
APPLE JUICE
MILK

23
BREAKFAST BURRITO
SLICED PEARS
ORANGE JUICE
MILK

26
PANCAKES & SAUSAGE
SLICED PEACHES
FRUIT PUNCH JUICE
MILK

27
BREAKFAST PIZZA or
BISCUITS & GRAVY
RED DELICIOUS APPLE
ORANGE JUICE
MILK

28
BREAKFAST SANDWICH
FLAVORED APPLESAUCE
GRAPE JUICE
MILK

29
PANCAKE ON A STICK
STRAWBERRY CUP
APPLE JUICE
MILK



OFFERED DAILY WHEN AVAILABLE
BENEFIT BARS, CEREAL, CEREAL BARS
DONUTS, POPTARTS, MUFFINS, PASTRIES
FRUDELS, 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



PAY FOR MEALS ONLINE
MySchoolBucks.com

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

ALACART Milk .40



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

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Valerie Conley

Monday



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

5

Tuesday



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

6

Wednesday



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

7

Thursday

CHICKEN PENNE ALFREDO
W/BREADSTICK
PORK TENDERLION SANDWICH
ROMAINE SIDE SALAD
SEASONED PEAS
SLICED PEARS
GOLDEN DELICIOUS APPLES

1

Friday

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

2

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

12

CARNITAS
CHICKEN TACO
REFRIED BEANS
LETTUCE & TOMATOES
CORN SALSA
ORANGES
STRAWBERRIES

13

TRADITIONAL WINGS
FLAVORED WINGS
BREADSTICK
FRENCH FRIES
CELERY & CARROTS
MIXED FRUIT
SLICED PEARS

14

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

15

SUPREME PIZZA
CHEESE PIZZA
W/ MARINARA
LOADED CHEESE FRIES
SEASONED GREEN BEANS
RED DELICIOUS APPLE
APRICOT CUP

16

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

19

TOTCHOS W/BEEF OR PORK
REFRIED BEANS
PICO, CHEESE
ROMAIN LETTUCE
SOUR CREAM, TACO SAUCE
STRAWBERRIES
GALA APPLES

20

BBQ PORK ON BUN
CHICKEN TENDERS
W/GARLIC TOAST
MAC & CHEESE SIDE DISH
CARROTS
SLICED PEACHES
SLICED PEARS

21

CHICKEN NOODLES
SLICED TURKEY
DINNER ROLL
MASHED POTATOES
SEASONED GREEN BEANS
SLICED PEACHES
FRUIT COCKTAIL

22

PIZZA SOUP W/ FLATBREAD
CHEESEBURGER
CHIPS
ROMAIN SIDE SALAD
SLICED ONIONS & TOMATOES
GRANNY SMITH APPLE
APRICOT CUPS

23

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

26

BURRITO BOWL W RICE
CHOICE OF BEEF, PORK OR CHICKEN
BLACK BEANS, QUESO
CORN SALSA
PEPPERS & ONIONS
ROMAINE LETTUCE
RAISINS
CLEMENTINE

27

TRADITIONAL WINGS
FLAVORED WINGS
BREADSTICK
FRENCH FRIES
CELERY & CARROTS
MIXED FRUIT
SLICED PEARS

28

CHICKEN PARMESAN PASTA
TERIYAKI BEEF BITES
W/ GARLIC BREAD
MIXED VEGGIES
CAESAR SALAD
CARROT STICKS
KIWI

29

STRAWBERRIES

[Enter Additional Info]



PAY FOR MEALS ONLINE
MySchoolBucks.com



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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.

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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:

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