



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

JANUARY 2024

ROCHESTER MIDDLE SCHOOL

MANAGER BECKY VANMETER

PAMELA SHIPPY
LAURA CADE
SHEILA BOHM
TONYA PARKER

Monday

Tuesday

Wednesday

Thursday

Friday

**WINTER
BREAK**

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BREAK**

HAM, EGG & CHEESE BISCUIT
APPLESAUCE
ORANGE JUICE
MILK

BREAKFAST PIZZA
BACON, EGG & CHEESE
BANANA
GRAPE JUICE
MILK

CINNAMON ROLL
CLEMENTINE
APPLE JUICE
MILK

CINNAMON TOAST CRUNCH
BAR
RED DELICIOUS APPLE
GRAPE JUICE
MILK

CHEESE OMELET
FLAT BREAD
STRAWBERRY CUP
ORANGE JUICE
MILK

SAUSAGE, EGG & CHEESE
BISCUIT
ORANGE SLICES
APPLE JUICE
MILK

GRAVY BREAKFAST PIZZA
RED GRAPES
FRUIT PUNCH
MILK

FRENCH TOAST STICKS
SAUSAGE PATTY
APRICOT CUP
GRAPE JUICE
MILK

CHOCOLATE WAFFLE
BACON
GOLDEN DELICIOUS APPLE
ORANGE JUICE
MILK

ULTIMATE CINNAMON ROUND
SLICED PEACHES
APPLE JUICE
MILK

EGG CHEESE BAGEL
GALA APPLE
FRUIT PUNCH
MILK

SAUSAGE BREAKFAST PIZZA
PINEAPPLE TIDBITS
GRAPE JUICE
MILK

APPLE PANCAKES
BACON
BANANA
ORANGE JUICE
MILK

APPLE FRUDEL
TROPICAL FRUIT
APPLE JUICE
MILK

BREAKFAST BURRITO
RED DELICIOUS APPLE
FRUIT PUNCH
MILK

BACON EGG & CHEESE BISCUIT
CLEMENTINE
GRAPE JUICE
MILK

CONFETTI PANCAKES
BACON
SLICED PEARS
ORANGE JUICE
MILK

STRAWBERRY CREAM CHEESE
BAGEL
GOLDEN DELICIOUS APPLE
FRUIT PUNCH
MILK

CHOCOLATE CHIP FRENCH
TOAST
STRAWBERRY CUP
FRUIT PUNCH
MILK

PANCAKE on a STICK
KIWI
GRAPE JUICE

HAM EGG & CHEESE BISCUIT
ORANGE SLICES
APPLE JUICE
MILK

OFFERED DAILY WHEN AVAILABLE
BENEFIT BARS AND UNCRUSTABLES
CEREAL & CH STIX, POP TART & CH STIX
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) 7:30-8:00 Breakfast: (Wednesday) 8:00 - 8:30

ALACART Milk .40

WELCOME BACK!!!!

Classes resume January 3rd, 2024



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

JANUARY 2024

ROCHESTER MIDDLE SCHOOL

MANAGER BECKY VANMETER

PAMELA SHIPPY
LAURA CADE
SHEILA BOHM
TONYA PARKER

Monday

**WINTER
BREAK**

1
CONEY HOT DOG
CHEESEBURGER
WEDGES
BROCCOLI BITES
PINEAPPLE & ORANGES
GALA APPLE

8
GRILLED CHEESE
POPCORN CHICKEN
W/ BREADSTICK
CALIFORNIA BLEND
CARROT STIKS
BAKED APPLES
STRAWBERRY CUP

15
HOT DOG
BOSCO'S
W/ MARINARA SAUCE
POTATO WEDGES
BAKED BEANS
SOUR RAISINS
RED GRAPES

22
TURKEY BURGER
HAMBURGER
FRENCH FRIES
SEASONED CAULIFLOWER
PINEAPPLE & ORANGES
GALA APPLE

Tuesday

**WINTER
BREAK**

9
MEATBALL SUB
HOT & SPICY CHICKEN PATTY
CHEESE FRIES
CARROTS
SLICED PEACHES
RED GRAPES

16
BEEF TACO
CHICKEN FAJITA
W/ SHELL
REPPERS & ONIONS
REFRIED BEANS
GALA APPLE
APRICOT CUPS

23
SUPER SUB
SPAGHETTI
W/ MEATSAUCE
GARLIC BREAD
MIXED VEGGIES
PEPPER RINGS
CINNAMON APPLE SAUCE
ORANGE SLICES

30
FISH SANDWICH
BREADED CHICKEN LEG
W/ DINNER ROLL
SWEET POTATO FRIES
BAKED BEANS
SLICED PEARS
STRAWBERRIES

Wednesday

2
CHICKEN PATTY SANDWICH
PORK TENDERLOIN SANDWICH
POTATO WEDGES
CARROT STICKS
CINNAMON APPLESAUCE
RED DELICIOUS APPLE

10
STROMBOLI ROLL
CHICKEN FRIES
W/ DINNER ROLL
POTATO SMILES
LIMA BEANS
SLICED PEARS
KIWI

17
BBQ PORK SANDWICH
CHEESEBURGER SLIDERS
FRENCH FRIES
CARROTS
APRICOT CUPS
CLEMENTINE
ICE CREAM SANDWICH

24
HOT HAM & CHEESE
MINI CORN DOGS
W.G. CHIPS
CARROT STICKS
FRUIT COCKTAIL
RED DELICIOUS APPLE
COOKIE

31
CHICKEN PATTY SANDWICH
PORK TENDERLOIN SANDWICH
POTATO WEDGES
CARROT STICKS
MIXED FRUIT
RED DELICIOUS APPLE

Thursday

4
CORN DOG
CALZONE
W/MARINARA SAUCE
FRIES
SLICED CUCUMBERS
SLICED PEARS
SLICED ORANGES

11
BBQ CHICKEN LEG
SALISBURY STEAK
CHEESE BREAD STICK
SEASONED GREEN BEANS
AUGRATIN POTATOES
FRUIT COCKTAIL
BANANA

18
MEATLOAF
COUNTRY BAKED STEAK
DINNER ROLL
MASHED POTATOES
SEASONED CORN
CINNAMON APPLESAUCE
GOLDE DELICIOUS APPLE

25
CHICKEN NOODLES
TURKEY SLICE
DINNER ROLL
MASHED POTATOES
SEASONED GREEN BEANS
TROPICAL FRUIT SALAD
CRAZINS

Friday

5
CHEESE PIZZA
W/ MARINARA SAUCE
BBQ BONELESS CHICKEN WINGS
SEASONED CORN
ROMAINE SALAD
TROPICAL FRUIT SALAD
STRAWBERRY CUP

12
BBQ RIB SANDWICH
PIZZA CRUNCHERS
W/ MARINARA SAUCE
ROMAINE SALAD
MIXED VEGGIES
SMURF APPLESAUCE
RED DELICIOUS APPLE
BROWNIE

19
TACO PIZZA BITES
W/ TACO SAUCE
CHICKEN NUGGETS
W/ BREAD STICK
PEAS
ROMAINE SALAD
SLICED PEACHES
KIWI

26
HAM & TURKEY WRAP
PEPPERONI PIZZA
W/ MARINARA SAUCE
PEAS & CARROTS
ROMAINE SALAD
SLICED PEACHES
BANANA

OFFERED DAILY
Choice of Milk, Juice and Fresh
Canned and Fresh Fruit
ROTATING ENTREES WHEN AVAILABLE
YOGURT PACKS, COLD SANDWICHES, LUNCHABLES

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ALACART Milk .40

WELCOME BACK!!!!
Classes resume January 3rd, 2024

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
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.