



BREAKFAST

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

MARCH 2024 ROCHESTER MIDDLE SCHOOL

MANAGER BECKY VANMETER

PAMELA SHIPPY
LAURA CADE
SHEILA BOHM
TONYA PARKER

Monday

Tuesday

Wednesday

Thursday

Friday

4

**CINNAMON TOAST
CRUNCH BAR**
RED DELICIOUS APPLE
GRAPE JUICE
MILK

5

**CHEESE OMELET
W/FLATBREAD**
STRAWBERRY CUP
ORANGE JUICE
MILK

6

**SAUSAGE, EGG, &
CHEESE BISCUIT**
ORANGE SLICES
APPLE JUICE
MILK

7

**GRAVY BREAKFAST
PIZZA**
RED GRAPES
FRUIT PUNCH
MILK

8

**FRENCH TOAST STICKS
SAUSAGE PATTY**
APRICOT CUP
GRAPE JUICE
MILK

11

**NO SCHOOL
SPRING BREAK**

12

**NO SCHOOL
SPRING BREAK**

13

**NO SCHOOL
SPRING BREAK**

14

**NO SCHOOL
SPRING BREAK**

15

**NO SCHOOL
SPRING BREAK**

18

**INTERCESSION
NO SCHOOL**

19

**INTERCESSION
NO SCHOOL**

20

**INTERCESSION
NO SCHOOL**

21

**INTERCESSION
NO SCHOOL**

22

**NO SCHOOL
SPRING BREAK**

25

**CHOCOLATE CHIP
FRENCH TOAST**
STRAWBERRY CUP
FRUIT PUNCH
MILK

26

PANCAKE ON A STICK
KIWI
GRAPE JUICE
MILK

27

**HAM, EGG, & CHEESE
BISCUIT**
ORANGE SLICES
APPLE JUICE
MILK

28

**BACON, EGG, & CHEESE
BREAKFAST PIZZA**
BANANA
ORANGE JUICE
MILK

29

CINNAMON ROLL
PINEAPPLE
FRUIT PUNCH
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

ALACART Milk .40

Breakfast: (Mon, Tues, Thurs, Fri) 7:30-8:00 Breakfast: (Wednesday) 8:00 - 8:30



PAY FOR MEALS ONLINE
MySchoolBucks.com



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

MARCH 2024

ROCHESTER MIDDLE SCHOOL

MANAGER BECKY VANMETER

PAMELA SHIPPY
LAURA CADE
SHEILA BOHM
TONYA PARKER

Monday



Tuesday



Wednesday



Thursday



Friday

PEPPERONI PIZZA¹
W/ MARINARA SAUCE
HOT HAM & CHEESE
SEASONED CORN
ROMAINE SALAD
TROPICAL FRUIT SALAD
APRICOT CUP

CONEY HOT DOG⁴
CHEESEBURGER
POTATO WEDGES
BROCCOLI BITES
PINEAPPLE BITES
GOLDEN DELICIOUS APPLE

MEATBALL SUB⁵
HOT & SPICY CHICKEN
CHEESE FRIES
SLICED CARROTS
SLICED PEACHES
RED GRAPES

STROMBOLI ROLL⁶
CHICKEN TENDERS
W/ DINNER ROLL
POTATO MASHERS
LIMA BEANS
SLICED PEARS
KIWI

BBQ CHICKEN LEG⁷
COUNTRY BAKED STEAK
SWEET ROLL
MASHED POTATOES
BUTTERED PEAS
FRUIT COCKTAIL
BANANA

BBQ PORK SANDWICH⁸
PIZZA CRUNCHERS
W/MARINARA SAUCE
ROMAINE SALAD
SEASONED MIXED VEGGIES
SMURF APPLESAUCE
SLICED ORANGES
W.G. COOKIE

NO SCHOOL
SPRING BREAK¹¹

NO SCHOOL
SPRING BREAK¹²

NO SCHOOL
SPRING BREAK¹³

NO SCHOOL
SPRING BREAK¹⁴

NO SCHOOL
SPRING BREAK¹⁵

INTERCESSION
NO SCHOOL¹⁸

INTERCESSION
NO SCHOOL¹⁹

INTERCESSION
NO SCHOOL²⁰

INTERCESSION
NO SCHOOL²¹

NO SCHOOL
SPRING BREAK²²

MINI CORN DOGS²⁵
CHICKEN PATTY
FRENCH FRIES
SEASONED CAULIFLOWER
FRUIT COCKTAIL
GALA APPLE

MOSTACCIOLI²⁶
W/GARLIC BREAD
CALZONETTE
STEAMED BROCCOLI
SLICED CARROTS
CINNAMON APPLESAUCE
STRAWBERRIES

BREADED MOZZ. STICKS²⁷
TERIYAKI BEEF DIPPERS
W/BREADSTICK
CHEESY POTATOES
SLICED PEPPERS
CLEMENTINES
PINEAPPLE

FISH SANDWICH²⁸
BREADED CHICKEN LEG
W/ DINNER ROLL
SWEET POTATO FRIES
BAKED BEANS
SLICED PEARS
APRICOT CUPS

FRENCH BREAD PIZZA²⁹
W/MARINARA SAUCE
HAM & TURKEY WRAP
PEAS & CARROTS
ROMAINE SALAD
SLICED PEACHES
BANANA

OFFERED DAILY
Choice of Milk, Juice and Fresh/
Canned Vegetables and Fresh /Canned Fruit

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

ALACART Milk .40



ROTATING ENTREES
YOGURT PACKS, COLD SANDWICHES
LUNCHABLES and UNCRUSTABLES

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.

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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:

correo postal:
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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.