



PAID: \$1.90 REDUCED: 40¢
ADULTS/GUEST: \$2.50

MAY 2024

ROCHESTER MIDDLE SCHOOL

FOOD SERVICE STAFF
PAMELA SHIPPY
MISSY SMITH
LINDA TURNIPSEED
JILL THOMAS
SHEILA BOHM

Monday

Tuesday

Wednesday

Thursday

Friday



**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

CHERRY FRUDEL

SLICED PEACHES
ORANGE JUICE
MILK

**ULTIMATE CINNAMON
ROUND**

GALA APPLE
FRUIT PUNCH
MILK

EGG & CHEESE BAGEL

GOLDEN DELICIOUS APPLE
APPLE JUICE
MILK

BREAKFAST PIZZA

SAUSAGE
PINEAPPLE
GRAPE JUICE
MILK

NO SCHOOL

MAPLE PANCAKES

BACON
MIXED FRUIT
ORANGE JUICE
MILK

BREAKFAST BURRITO

APPLESAUCE
FRUIT PUNCH
MILK

**BACON, EGG, & CHEESE
BISCUIT**

KIWI
GRAPE JUICE
MILK

CONFETTI PANCAKES

BACON
SLICED PEARS
ORANGE JUICE
MILK

STRAWBERRY CREAM

CHEESE BAGEL
CLEMENTINE
FRUIT PUNCH
MILK

APPLE FRUDEL

SLICED PEACHES
ORANGE JUICE
MILK

PANCAKE ON A STICK

BLUEBERRIES
GRAPE JUICE
MILK

CEREAL BLAST WAFFLES

SAUSAGE PATTY
APRICOT CUP
APPLE JUICE
MILK

BREAKFAST PIZZA

BACON, EGG & CHEESE
BANANA
GRAPE JUICE
MILK

CINNAMON ROLL

PINEAPPLE
FRUIT PUNCH
MILK

HOLIDAY

**FREE SUMMER MEAL PROGRAM STARTS AT
ROCHESTER HIGH SCHOOL AND COLUMBIA ELEMENTARY
MAY 28, 2024 SERVING BREAKFAST AND LUNCH**

FULTON COUNTY PUBLIC LIBRARY JUNE 3RD FOR LUNCH & KEWANNA LIBRARY SELECTED DAYS JUNE 4TH



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



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

MAY 2024

ROCHESTER MIDDLE SCHOOL

FOOD SERVICE STAFF
PAMELA SHIPPY
LINDA TURNIPSEED
MISSY SMITH
JILL THOMAS
SHEILA BOHM

Monday

Tuesday

Wednesday

Thursday

Friday



**GARLIC PULL-APART
CHEESEBURGER**
FRENCH FRIES
BUTTERED PEAS & CARROTS
TROPICAL FRUIT SALAD
CLEMENTINE

**BBQ PORK SANDWICH
CORN DOG**
SWEET POTATO FRIES
SEASONED BROCCOLI
SLICED PEARS
RED GRAPES

**HOT HAM & CHEESE
FRENCH BREAD PIZZA**
W/MARINARA SAUCE
ROMAINE SALAD
BABY CARROTS
STRAWBERRIES
BANANA

**HOT DOG W/CHEESE
TENDERLOIN**
WEDGE FRIES
BAKED BEANS
CINNAMON APPLESAUCE
GALA APPLE

**SPAGHETTI W/MEATSAUCE
MINI CORN DOGS**
CALIFORNIA BLEND
CARROT STICKS
PINEAPPLE & ORANGES
WARM CINNAMON APPLES

**CHICKEN NUGGETS
BRD MOZZARELLA STICKS**
W/MARINARA SAUCE
STEAMED BROCCOLI W/CHEESE
CUCUMBER SLICES
FRUIT COCKTAIL
SOUR RAISILS

**BAKED CHICKEN LEG
SALISBURY STEAK**
DINNER ROLL
RED SKINNED MASHED POTATOS
SEASONED CORN
CINNAMON APPLESAUCE
BANANA

NO SCHOOL

**HAMBURGER
CHICKEN BITES**
W/ BBQ SAUCE & DINNER ROLL
CHEESE FRIES
BROCCOLI BITES
MANDARINE ORANGES
RAISINS

**BRD.CHICKEN SANDWICH
STROMBOLI ROLL**
AUGRATIN POTATOES
LIMA BEANS
SLICED PEARS
APRICOT CUP

**CALZONETTE/CALZONE
CHICKEN FRIES**
W/MARINARA SAUCE
FRENCH FRIES
ROMAINE SALAD
WATERMELON
GRANNY SMITH APPLE

**CHICKEN TENDERS
SLIDERS**
POTATO WEDGES
CARROT STICKS
MIXED FRUIT
APPLESAUCE

**CHEESE PIZZA
W/MARINARA SAUCE
SUPER SUB**
SEASONED PEAS
EMOJI POTATOS
PINEAPPLE
KIWI

**CHEESEBURGER
HOT&SPICY CHICK SAND.**
MINI POTATO MASHERS
CUCUMBER SLICES
APRICOT CUPS
RED DELICIOUS APPLE

**TURKEY&CHEESESANDWICH
CHICKEN NUGGETS**
W//BREADSTICK
FRENCH FRIES
PEPPER SLICES
CINNAMON APPLESAUCE
ORANGE SMILES

**POPCORN FISH
BOSCO'S**
W/MARINARA SAUCE
BAKED BEANS
CHEESEY BROCCOLI
SLICED PEARS
KIWI

**CHICKEN & NOODLES
COUNTRY BAKED STEAK**
DINNER ROLL
MASHED POTATOS
SEASONED CORN
MANDARIN ORANGES
APRICOT CUP

**STUFFED CRUST PIZZA
W/MARINARA SAUCE
HOT HAM & CHEESE**
ROMAINE SALAD
BABY CARROTS
STRAWBERRIES
FRUIT COCKTAIL

HOLIDAY

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FULTON COUNTY PUBLIC LIBRARY JUNE 3RD FOR LUNCH & KEWANNA LIBRARY SELECTED DAYS JUNE 4TH**



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

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PAY FOR MEALS ONLINE
MySchoolBucks.com

ALACART Milk .40

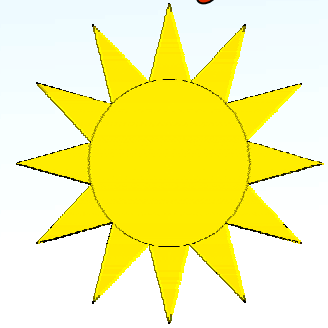
ROTATING ENTREES
YOGURT PACKS, COLD SANDWICHES
LUNCHABLES and UNCRUSTABLES



Discover School Breakfast!

WHY EAT BREAKFAST?

- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.



WHAT DO OTHER KIDS SAY ABOUT EATING BREAKFAST?

- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"

WHAT'S FOR BREAKFAST?



Cereal	Fruit
Toast	Waffles
Muffins	Hot Cereal
Sweet	Bagels
Rolls	English Muffins
Pancakes	Milk
Eggs	



This institution is an equal opportunity provider.



United States Department of Agriculture

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AND JUSTICE FOR ALL



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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, audiotope, 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.usda.gov/sites/default/files/documents/ad-3027.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; or

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.usda.gov/sites/default/files/documents/ad-3027s.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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Esta institución ofrece igualdad de oportunidades.