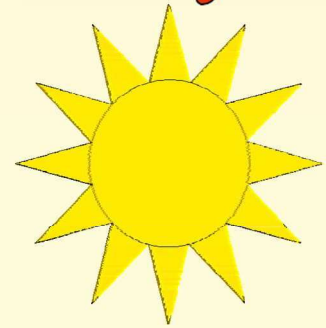


Discover School Breakfast!

WHY EAT BREAKFAST?

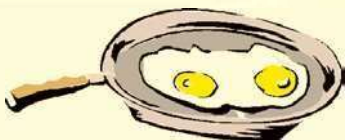
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting 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 IS FOR BREAKFAST?



Cereal

Toast

Muffins

Sweet

Rolls

Pancakes

Eggs

Fruit

Waffles

Hot Cereal

Bagels

English Muffins

Milk



This institution is an equal opportunity provider.



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 (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

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.

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 (incluyendo identidad de género y orientación de sexual), edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

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:

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; o'

correo electrónico:

program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

BREAKFAST

PAID: \$2.00 REDUCED: .30¢
ADULTS/GUEST: \$2.50

**MAY 2026
RMS CAFE**

MANAGER JOSHUA WEYANT

Pamela Shippy
Megan Burden
Katherine Lindsey
Jill Thomas

Monday

Tuesday

Wednesday

Thursday

Friday



PAY FOR MEALS ONLINE
MySchoolBucks.com



1
WARM CHOCOLATE MUFFIN
PEACHES
APPLE JUICE

4
CINNA MINIS
PEARS
FRUIT PUNCH

5
BREAKFAST BAGEL
FLAVORED APPLESAUCE
ORANGE JUICE

6
FRENCH TOAST
DICED PEACHES
APPLE JUICE

7
HAM & CHEESE BISCUIT
STRAWBERRIES
GRAPE JUICE

8
NO SCHOOL

11
MINI WAFFLES
MIXED FRUIT
FRUIT PUNCH

12
MAPLE PANCAKES
BLUEBERRIES
ORANGE JUICE

13
SAUSAGE & CHEESE
BISCUIT
PEARS
APPLE JUICE

14
BREAKFAST BITES
FLAVORED APPLESAUCE
GRAPE JUICE

15
CINNAMON PULL APARTS
PEACHES
FRUIT PUNCH

18
APPLE FRUEDEL
W/ICING
BLUEBERRIES
ORANGE JUICE

19
MAPLE PANCAKE PUFF
STRAWBERRIES
APPLE JUICE

20
BISCUITS & SAUSAGE
GRAVY
PEARS
GRAPE JUICE

21
STRAWBERRY
CREAM CHEESE BAGEL
WARM APPLE SLICES
FRUIT PUNCH

22
DONUT BAR
PEACHES
FRUIT PUNCH

25
NO SCHOOL

26
CHERRY FRUEDEL
W/ICING
STRAWBERRIES
ORANGE JUICE

27
CHOCOLATE CRESCENT
APPLESAUCE
GRAPE JUICE

28
STRAWBERRY PANCAKE
PUFF
PEACHES
FRUIT PUNCH

29
BENEFIT BAR
PEARS
APPLE JUICE

OFFERED DAILY
POPTARTS, BARS, UNCRUSTABLES, CEREAL
CEREAL, DONUTS, & MUFFINS, MILK
JUICE, CANNED & FRESH FRUIT

WHEN AVAILABLE USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

ALACART MILK .45

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

**FREE SUMMER MEAL PROGRAM STARTS JUNE 1 ST, 2026 ROCHESTER HIGH SCHOOL & COLUMBIA ELEMENTARY SERVING BREAKFAST & LUNCH
FULTON COUNTY & KEWANNA PUBLIC LIBRARY LUNCH ONLY - SEE MENUS FOR TIMES**

LUNCH

PAID: \$3.10 REDUCED: .40¢
ADULTS/GUEST: \$4.60

**MAY 2026
RMS CAFÉ**

MANAGER JOSHUA WEYANT

Pamela Shippy
Megan Burden
Katherine Lindsey
Jill Thomas

Monday

Tuesday

Wednesday

Thursday

Friday



MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com



PIZZA 1
TURKEY & CHEESE SUB
ROMAINE SALAD
BABY CARROTS
APPLESAUCE
MIXED FRUIT

1

STROMBOLI 4
CHICKEN STRIPS
BISCUIT STICK
SEASONED GREEN BEANS
WEDGE FRIES
DICED PEACHES
APPLESAUCE

PULLED PORK 5
WALKING OR SOFT TACO
REFRIED BEAN
TOMATOES, LETTUCE
BLUSHING PEARS
CHERRY MIXED FRUIT

BOSCO STICK 6
CHICKEN NIBBLERS
WEDGE POTATOES
BROCCOLI
W/CHEESE SAUCE DRIZZLE
STRAWBERRIES
GRANNY SMITH APPLE

POPCORN CHICKEN 7
MACARONI & CHEESE BITES
SEASONED CORN
MASHED POTATOES
BLUEBERRIES
RED DELICIOUS APPLE

8

NO SCHOOL



CRUNCHERS 11
HAMBURGER
W/ CHEESE
SEASONED GREEN BEANS
CAULIFLOWER
SLICED PEARS
STRAWBERRIES

TACO 12
WALKING OR SOFT MOZZARELLA STICKS
REFRIED BEANS
ROMAINE SALAD
PEACHES
RAISINS

HOT HAM & CHEESE 13
RIPPERS
POTATO WEDGES
BAKED BEANS
DICED PEACHES
GALA APPLE

CHICKEN & NOODLES 14
W/DINNER ROLLS
MINI/REG CORN DOG
SEASONED CORN
MASHED POTATOES
BLUEBERRIES
FLAVORED APPLESAUCE

STUFFED CRUST PIZZA 15
W/MARINARA SAUCE
FISH SANDWICH
ROMAINE SALAD
ORANGE WEDGES
GRAPES

SLOPPY JOE 18
SALISBURY STEAK
W/STUFFINH
MASHED POTATOES
SEASONED GREEN BEANS
KIWI
STRAWBERRIES
WHITE CAKE

BEEFY FIESTADA PIZZA 19
TURKEY & CHEESE SUB
REFRIED BEANS
TOMATO & LETTUCE
SLICED PEARS
PEACHES

CHICKEN STRIPS 20
TENDERLION OR HOT & SPICY
W/MARINARA SAUCE
CAULIFLOWER
BLUEBERRIES
CINNAMON APPLESAUCE

PASTA DAY 21
CHICKEN NUGGETS
SEASONED CARROTS
TOSSED ROMAINE SALAD
RED APPLE
RAISINS

BIG DADDY PIZZA 22
SUPER SUB
BAKED BEANS
CUCUMBER SLICES
WATERMELON WEDGE
GREEN APPLE

NO SCHOOL 25

CHICKEN DRUMSTICK 26
COUNTRY FRIED STEAK BITES
W/ BISCUIT STICK
CHEESY POTATO BAKE
BAKED BEANS
PEACHES
APPLESAUCE

TACOS 27
WALKING OR SOFT SHELL JOSH'S WHAT'S COOKIN'?
REFRIED BEANS
TOMATO, LETTUCE & CHEESE
CLEMENTINE
STRAWBERRIES

CHICKEN & NOODLES 28
FISH/TERIYAKI BITES
W/GRAIN
SEASONED GREEN BEANS
MASHED POTATOES
PEARS
MIXED FRUIT

HOT DOG 29
HAMBURGER
WG CHIPS
BABY CARROTS
CELERY
FRUIT CUP
FRUIT ROLL UP
WG COOKIE

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

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FULTON COUNTY & KEWANNA PUBLIC LIBRARY LUNCH ONLY – SEE MENUS FOR TIMES

ALACART MILK .45
ROTATING ENTRÉE'S
Uncrustable Parfaits
YOGURT PACK RMS LUNCHABLE
Cold Sandwich

