

Rochester Children's Summer Breakfast Menu

August 2010

Cafeteria Hours:
Spaulding High School – 8:00 to 9:00

Food Services Director
Tom Tanner 332-0757 ext. 246

Monday	Tuesday	Wednesday	Thursday	Friday
2 Buttermilk Pancakes Pancake Syrup Sausage Patty	3 Egg, Cheese & Bacon Breakfast Sandwich	4 <i>Low Fat Strawberry Yogurt</i> ☼ Breakfast Twist <i>Unsalted Enriched Pretzel Made w/ Whole Wheat Offered w/ Cream Cheese Spread</i> Pure Fruit Juice Blend	5 ☼ Blueberry Muffin Fruit Juice Cup	6 Egg, Cheese, & Ham Breakfast Sandwich
Assorted cereals & juices available daily				
9 ☼ Waffle Sticks Applesauce Ham Strips	10 Scrambled Eggs w/ Diced Ham & Cheese Hash Brown Patty	11 ☼ Toasted Wheat Bagels w/ Cream Cheese Fresh Fruit Choice	12 ☼ Chocolate Chip Muffin Fresh Fruit	13 Egg & Cheese Breakfast Sandwich
Assorted cereals & juices available daily				
16 ☼ French Toast Sticks Warm Apple Topping	17 Sausage, Egg & Cheese Breakfast Sandwich	18 Cinnamon Buns Juice Assortment	19 Yogurt Parfait w/ Granola & Fruit	20 ☼ Breakfast Pizza w/ Ham Fresh Fruit Choice
Assorted cereals & juices available daily				
23 ☼ Toasted English Muffins Fresh Fruit	24 Bacon, Egg & Cheese on an English Muffin	25 French Croissant String Cheese Yogurt Cup	26 ☼ Apple Cinnamon Muffin Sliced Pears	27 ☼ Toasted Bagel w/ Cream Cheese Fruit Cup

Meal subject to change without notice.

Each meal offers a choice of Milk, and Fresh or Chilled Fruit

☼ Part of making healthy diet choices means making ½ of your grains whole. Breakfast is a great opportunity to meet your daily whole grain requirements!

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