



## Rock Falls Middle School Breakfast

# NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Caramel Cinni Minnis Apple Grape Juice  <b>3</b>	Egg Bagel Orange Wedges Fruit Juice  <b>4</b>	Cinnamon Sugar Donut Mixed Berry Applesauce Orange Juice  <b>5</b>	Tony's BK Pizza Diced Peaches Fruit Juice  <b>6</b>	French Toast Sticks Craisins Apple Juice  <b>7</b>
Cherry Frudel Mixed Fruit Grape Juice  <b>10</b>	<b>Veteran's Day</b>  <b>11</b>	Mini Confetti Pancakes Orange Wedges Fruit Juice  <b>12</b>	Chocolate Filled Donut Holes Apricots Grape Juice  <b>13</b>	Double Chocolate Muffin w/wo String Cheese Apple Orange Juice  <b>14</b>
Eggoji Waffles Mixed Fruit Grape Juice  <b>17</b>	Sausage Biscuit Orange Wedges Ruby Rush Juice  <b>18</b>	Pancakes Banana Fruit Juice  <b>19</b>	Cinnamon Roll Watermelon Craisins Orange Juice  <b>20</b>	Scrambled Eggs w/ Sausage Apple Slices Grape Juice  <b>21</b>
Chocolate Donut Craisins Fruit Juice  <b>24</b>	Pancake Bites Orange Slices Grape Juice  <b>25</b>	<b>No School</b>  <b>26</b>	<b>No School</b>  <b>27</b>	<b>No School</b>  <b>28</b>

### NOTES

- All grains served are whole grain.
- 1% White Milk & low-fat Chocolate Milk offered daily!
- Cereal, Pop Tarts, String Cheese and a variety of Crackers are offered
- daily during Breakfast!

