



Rock Falls Middle School Breakfast

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg & Cheese Croissant Applesauce Grape Juice 1	Cinnamon Sugar Churro Bites w/ Peanut Butter Cocoa Dip Craisins Orange Juice 2	Strawberry Parfait Apple Grape Juice 3	Sausage, Egg & Cheese Taco Orange Wedges Apple Juice 4	Cherry Frudel Applesauce Fruit Juice 5
Hot Cocoa Day!! Blueberry Snack'N Waffle Craisins Apple Juice 8	Egg Bagel Orange Wedges Grape Juice 9	Tony's BK Pizza Blue Raspberry Applesauce Ruby Rush Juice 10	Glazed Donut Holes Apple Fruit Juice 11	Confetti Pancakes Orange Wedges Apple Juice 12
French Toast Sticks Applesauce Fruit Juice 15	Pancakes Raisins Grape Juice 16	Sausage Biscuit Craisins Apple Juice 17	Chocolate Crescent Apple Orange Juice 18	Double Chocolate Muffin Apple Slices Grape Juice 19
No School 22	No School 23	No School 24	 25	No School 26
No School 29	No School 30	No School 31		

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!

