



Rock Falls Middle School Breakfast

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day 1	Cherry Frudel Orange Slices Fruit Juice 2	Confetti Pancakes Mixed Berry Applesauce Grape Juice 3	Chocolate Donut Banana Fruit Juice 4	Double Chocolate Muffin Mixed Fruit Apple Juice 5
Country Ham & Cheese Maple Flatbread Apple Grape Juice 8	Tony's Sausage BK Pizza Banana Fruit Juice 9	Strawberry Parfait Orange Slices Apple Juice 10	Blueberry Muffin Applesauce Fruit Juice 11	Mixed Berry Scone Apple Grape Juice 12
Ham & Cheese Bagel Raisins Grape Juice 15	Cinnamon Sugar Donut Holes Orange Slices Fruit Juice 16	Peach Parfait Apple Ruby Rush Juice 17	Eggoji Waffles Banana Fruit Juice 18	Pancake Bites Apple Fruit Juice 19
Egg & Cheese Croissant Apple Orange Juice 22	Cinnamon Sugar Churro Bites w/ Cocoa Peanut Butter Dip Mixed Fruit Grape Juice 23	Strawberry Parfait Blue Raspberry Applesauce Fruit Juice 24	Sausage & Egg BK Taco Banana Apple Juice 25	Mini Sausage Pancake Bites Apple Fruit Juice 26
Blueberry Snack'N Waffle Mixed Berry Applesauce Grape Juice 29	Egg Bagel Apple Orange Juice 30			

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!

