

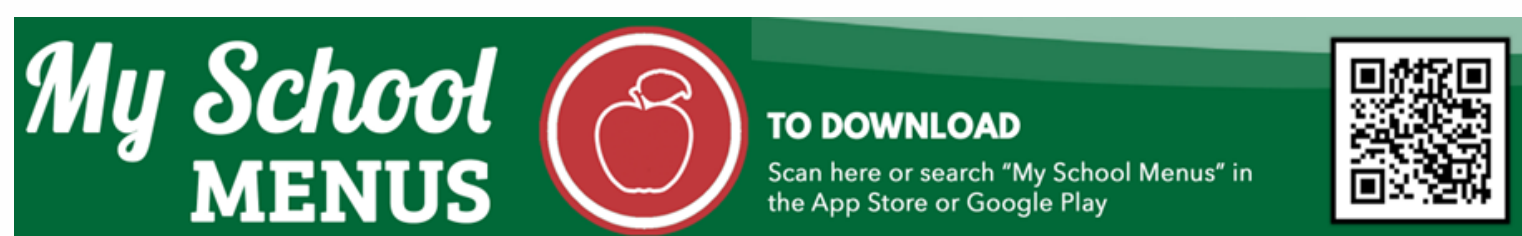
MENU OF PROGRAMS/INITIATIVES

The Rock on Café™ School Nutrition Program in Broome and Tioga Counties are proud to offer kid approved menu items and entrees that taste great and are healthy too! The focus of the Rock on Café™ program is to offer healthier versions of foods that children like while being affordable and convenient.

BREAKFAST AND LUNCH

- Rockin' Breakfast and Lunch options are available through the Rock on Café™ and meet USDA Meal Regulations:
 - Age-Appropriate Meals
 - Protein
 - Whole Grains
 - Variety of Fruits and Vegetables
 - Fat-Free or 1% Milk

Check out school menus and nutrition information online through the My School Menus App or at www.myschoolmenus.com



FARM TO SCHOOL

- Taste Tests
- Local Food Procurement
- Partnering with School Gardens and Growing Towers
- Community Partnerships

NUTRITION EDUCATION

- Cooking Workshops with Students and Staff
- Food and Nutrition Presentations

CATERING

- Special Events
- Teacher/Staff Breakfasts and Lunches



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www.rockoncafe.org

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