



Welcome!

The food service department would like to say “Hello!” and introduce you to our rockin’ breakfast and lunch items. The Rock on Café™ offers students milk, fruits and vegetables, proteins and grains, and must meet strict nutrition and portion size regulations.

Key Standards Include:



- Age-appropriate calorie limits
- Large serving of vegetables and fruits (students must take at least one serving of fruit or vegetable)
- A wide variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk
- Whole grains
- Visit your district website for the current Charge Meal Policy

For more information about the Rock on Café™ and the standards for school meals visit us at www.rockoncafe.org and follow us on Facebook, Instagram and Twitter.



WE HAVE A MOBILE APP FOR SCHOOL MENUS!

YOU CAN ACCESS YOUR SCHOOL'S MENUS ON THE GO 24/7





AWESOME FEATURES

- SEE MENU ITEMS OFFERED AT YOUR SCHOOL
- VIEW ALLERGENS & INGREDIENTS
- ACCESS NUTRIENT INFO
- NAVIGATE TO MEAL PAYMENT OR BENEFIT PROGRAMS

GET STARTED:

- GO TO THE ITUNES APP STORE OR GOOGLE PLAY
- DOWNLOAD THE APP "MY SCHOOL MENUS"
- SELECT STATE, DISTRICT & SCHOOL
- HAVE ACCESS TO SCHOOL MENUS ON THE GO!

Available on the  App Store

GET IT ON  Google Play

PRE-PAY ONLINE. IT'S A CONVENIENT OPTION...

Breakfast and lunch are FREE but you can pre-pay online for your child's snacks! Best of all, you will be able to monitor how your child is using the money.

For more information go to: www.rockoncafe.org

Binghamton City School District
Annie Hudock, Food Service Director, 607-762-8120
www.rockoncafe.org

Announcing for all St. James students....

Every student can receive free breakfast and lunch for the 2019-2020 school year.

For more information, please contact the
Binghamton City School District
Food Services Department at 762-8218.



School Breakfast

