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!

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
Food Services Department at 762-8218
Binghamton City School District

For more information, please contact the

Every student can receive free breakfast and

...Announcing for all 5th James students...