

## What's on the Menu?



## Rochester Community Schools: Lunch Menu February 2021

A full student lunch includes a choice of entrée supplying protein and grain,1/2 cup fruit side, 1/2 cup of vegetable side, and 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Choice A WG Chicken Nuggets Choice B Muffin Fun Lunch	Choice A Cheese Pizza Choice B Turkey and Cheese Sandwich		Choice A WG Chicken Nuggets Choice B Muffin Fun Lunch	Choice A Cheese Pizza Choice B Turkey and Cheese Sandwich
8	9	10	11	12
Choice A Grilled Cheese Sandwich Choice B Italian Combo Sandwich	Choice A Cheeseburger Choice B Wowbutter Sandwich		Choice A Grilled Cheese Sandwich Choice B Italian Combo Sandwich	Choice A Cheeseburger Choice B Wowbutter Sandwich
15	16	17	18	19
NO SCHOOL	NO SCHOOL		Choice A WG Bosco Sticks with Pizza Sauce Choice B Turkey and Cheese Sandwich	Choice A WG Chicken Patty Sandwich Choice B Cereal Fun Lunch
22	23	24	25	26
Choice A WG Chicken Nuggets Choice B Muffin Fun Lunch	Prize with Lunch! Choice A Cheese Quesadilla w/ Salsa Choice B Turkey and Cheese Sandwich	Choice A Homemade Mac & Cheese Choice B Cereal Fun Lunch	Choice A Pancakes w/ Turkey Sausage Choice B Strawberry Parfait	Choice A Homemade Cheese Pizza Choice B Sunbutter and Jelly Sandwich

Questions or comments?

Food Service Director Tracy Hizer 248-726-4650
Assistant Directors
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Go to MyPlate.gov for online personal wellness resources for you and your family.

