

What's on the Menu?

Rochester Community Schools: Lunch 2 Day Curbside Menu March 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.

Curbside pickups Wednesdays 12:30am-1:30pm select locations Hart, Reuther, West, Adams, Rochester; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4	5
2 Day Lunch Curbside Menu	*Please note: Menu items subject to change due to product availability			Pick Up Day		
6	7	8	9	10	11	12
Wowbutter Sandwich Cupped Fruit Fresh Vegetable	Grilled Cheese Sandwich Broccoli Florets Whole Fruit			Pick Up Day		
13	14	15	16	17	18	19
Beef Fiestada Fresh Fruit Fresh Vegetable	Chicken Nuggets Grape Tomatoes Fresh Fruit			Pick Up Day		
20	21	22	23	24	25	26
French Bread Pizza Cupped Fruit Fresh Vegetable	Cereal Fun Lunch Whole Fruit Fresh Vegetable			Pick Up Day		
27	28			Pick Up Day		
Hamburger Dark Green Salad Cupped Fruit	Wowbutter Sandwich Cupped Fruit Fresh Vegetable			Pick Up Day		<i>Remember to wash your hands before you eat!</i>

Questions or comments?

Food Service Director Tracy Hizer 248-726-4650

Assistant Directors

Tamara Brazeton 248-726-4601 or Marci Flaherty 248-726-4603

Go to MyPlate.gov for online personal wellness resources for you and your family.



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