

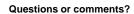
What's on the Menu?



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.

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 availibility			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
rench Bread Pizza Cupped Fruit Fresh Vegetable	Cereal Fun Lunch Whole Fruit Fresh Vegetable			Pick Up Day		
27	28					
Hamburger Dark Green Salad Cupped Fruit	Wowbutter Sandwich Cupped Fruit Fresh Vegetable			Pick Up Day		Remember to wash your hand before you eat!



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.

This institution is an equal opportunity provider.

