

What's on the Menu?

Rochester Community Schools: Curbside Lunch 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 MS, Adams, Rochester HS; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4	5
7 Day Lunch Curbside Menu	*Please note: Menu items subject to change due to product availability	Cereal Fun Lunch Whole Fruit Fresh Vegetable	Cheese Quesadilla Baby Carrots Whole Fruit	PICK UP DAY: Breaded Chicken Leg w/ Breadstick Grape Tomatoes Fresh Fruit	Pancakes with Syrup Turkey Sausage Patty Tater Tots Whole Fruit	Cheese Pizza Green Beans Cupped Fruit
6	7	8	9	10	11	12
Wowbutter Sandwich Cupped Fruit Fresh Vegetable	Grilled Cheese Sandwich Broccoli Florets Whole Fruit	Muffin Fun Lunch Whole Fruit Fresh Vegetable	Italian Combo Sandwich Cupped Fruit Fresh Vegetable	PICK UP DAY: Cheese Quesadilla Baby Carrots Whole Fruit	French Toast w/ Syrup Turkey Sausage Patty Tater Tots Fruit	Hamburger Dark Green Salad Cupped Fruit
13	14	15	16	17	18	19
Beef Fiestada Fresh Fruit Fresh Vegetable	Chicken Nuggets Grape Tomatoes Fresh Fruit	Cheese Pizza Green Beans Cupped Fruit	Wowbutter Sandwich Cupped Fruit Fresh Vegetable	PICK UP DAY: Bosco Sticks with Pizza Sauce Power Peas Dried Fruit	Waffles w/ Syrup Turkey Sausage Links Tater Tots Whole Fruit	Grilled Cheese Sandwich Broccoli Florets Whole Fruit
20	21	22	23	24	25	26
French Bread Pizza Cupped Fruit Fresh Vegetable	Cereal Fun Lunch Whole Fruit Fresh Vegetable	Chicken Nuggets Grape Tomatoes Fresh Fruit	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	PICK UP DAY: Breaded Chicken Leg w/ Breadstick Grape Tomatoes Fresh Fruit	Pancakes with Syrup Turkey Sausage Patty Tater Tots Whole Fruit	Cheese Pizza Green Beans Cupped Fruit
27	28	29	30	31		
Hamburger Dark Green Salad Cupped Fruit	Wowbutter Sandwich Cupped Fruit Fresh Vegetable	Chicken Patty Sandwich Cupped Fruit Fresh Vegetable	Beef Fiestada Fresh Fruit Fresh Vegetable	PICK UP DAY: Pizza Sticks Whole Fruit Fresh Vegetable		<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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