

What's on the Menu?

Rochester Community Schools: Lunch 2 Day Curbside Menu May 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	6	7
Chicken Drumsticks Fresh Vegetable Fresh Fruit	Cheese Quesadilla Fresh Fruit Fresh Vegetable			Pick Up Day	*Please note: Menu items subject to change due to product availability	2 Day Lunch Curbside Menu
8	9	10	11	12	13	14
Chicken Patty Sandwich Cupped Fruit Fresh Vegetable	Grilled Cheese Sandwich Fresh Vegetable Whole Fruit			Pick Up Day		
15	16	17	18	19	20	21
Beef Fiestada Fresh Fruit Fresh Vegetable	Chicken Nuggets Fresh Vegetable Fresh Fruit			Pick Up Day		
22	23	24	25	26	27	28
French Bread Pizza Cupped Fruit Fresh Vegetable	Cereal Fun Lunch Whole Fruit Fresh Vegetable			Pick Up Day		
29	30	31	1	2	3	4
Hamburger Tater Tots Cupped Fruit	Wowbutter Sandwich Cupped Fruit Fresh Vegetable			Pick Up Day		Remember to wash your hands before you eat!

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.



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