

# What's on the Menu?

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

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

### 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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