

What's on the Menu?

Rochester Community Schools: Curbside Lunch Menu July 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 9:00-10:00am select locations Reuther, West, Adams; see RCS website for details.

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

Questions or comments?

Food Service Director Tracy Hizer 248-726-4650

Assistant Directors

Tamara Brazelton 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.

