

What's on the Menu?

Rochester Community Schools: Virtual Student Lunch Menu September 2021

A full student lunch includes a choice of entrée supplying protein-grain, 1/2 cup fruit side, 1/2 cup of vegetable side, and 1% or skim white milk.

Curbside UPDATE pickups Thursdays starting Sept 9th 12:45pm-1:30pm West Middle School; see RCS website for more details.

	Monday	Tuesday	Wednesday	Thursday	Friday
August	30	31	1	2	3
	PICK UP DAY ONLY Monday Aug 30 5 Day 12:45-1:30pm VIRTUAL STUDENTS ONLY	Beef Fiestada Fresh Fruit Fresh Vegetable	Chicken Patty Sandwich Cupped Fruit Fresh Vegetable	Grilled Cheese Sandwich Cupped Fruit Fresh Vegetable	No School
	6	7	8	9	10
*Please note: Menu items subject to change due to product availability	No School	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	Cheesy Pull-Aparts Whole Fruit Fresh Vegetable	PICK UP DAY 12:45-1:30pm: Breaded Chicken Leg Fresh Fruit Fresh Vegetable	French Bread Pizza Cupped Fruit Fresh Vegetable
	13	14	15	16	17
	Chicken Nuggets Fresh Vegetable Fresh Fruit	Beef Fiestada Fresh Fruit Fresh Vegetable	Chicken Patty Sandwich Cupped Fruit Fresh Vegetable	PICK UP DAY 12:45-1:30pm: Grilled Cheese Sandwich Cupped Fruit Fresh Vegetable	Hamburger Fresh Vegetable Cupped Fruit
	20	21	22	23	24
	Bosco Sticks with Pizza Sauce Cupped Fruit	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	Cheesy Pull-Aparts Whole Fruit Fresh Vegetable	PICK UP DAY 12:45-1:30pm: Breaded Chicken Leg Fresh Fruit Fresh Vegetable	French Bread Pizza Cupped Fruit Fresh Vegetable
	27	28	29	30	
	Chicken Nuggets Fresh Vegetable Fresh Fruit	Beef Fiestada Fresh Fruit Fresh Vegetable	Chicken Patty Sandwich Cupped Fruit Fresh Vegetable	PICK UP DAY 12:45-1:30pm: Grilled Cheese Sandwich Cupped 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.



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