

What's on the Menu?

Rochester Community Schools: APTS ACE Lunch Menu OCTOBER 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% chocolate or white milk.

	Monday	Tuesday	Wednesday	Thursday	Friday
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CHOICE A:					Cheese Quesadilla (V) Fresh Green Salad Cupped Fruit
	4	5	6	7	8
CHOICE A:	Bosco Sticks (V) with Pizza Sauce Fresh Fruit	Corn Dog Vegetarian Baked Beans Cupped Fruit	Chicken Nuggets w/ WG Cheddar Goldfish Crackers Fresh Vegetable Fresh Fruit	French Toast w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup	No School
	11	12	13	14	15
CHOICE A:	No School	Cheeseburger Vegetarian Baked Beans Fresh Fruit	Chicken Patty Sandwich Fresh Vegetable Fresh Fruit	Waffles w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup	Cheese Quesadilla (V) Fresh Green Salad Cupped Fruit
	18	19	20	21	22
CHOICE A:	Bosco Sticks (V) with Pizza Sauce Fresh Fruit	Corn Dog Vegetarian Baked Beans Cupped Fruit	Chicken Nuggets w/ WG Cheddar Goldfish Crackers Fresh Vegetable Fresh Fruit	French Toast w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup	French Bread Pizza (V) Fresh Green Salad Cupped Fruit
	25	26	27	28	29
CHOICE A:	Bosco Sticks (V) with Pizza Sauce Fresh Fruit	Cheeseburger Vegetarian Baked Beans Fresh Fruit	Chicken Patty Sandwich Fresh Vegetable Fresh Fruit	Waffles w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup	1/2 Day of School No Lunch
CHOICE B:	Deli Turkey and Cheese Sub Sandwich	Grilled Cheese Sandwich (V)	Grilled Cheese Sandwich (V)	Grilled Cheese Sandwich (V)	Deli Turkey and Cheese Sub Sandwich



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](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

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