

What's on the Menu?

Rochester Community Schools: Virtual Student Lunch Menu October 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 12:45pm-1:30pm West Middle School; see RCS website for more details.

Monday

Tuesday

Wednesday

Thursday

Friday

1

Hamburger
Fresh Vegetable
Cupped Fruit

4

5

6

7

8

*Please note: Menu items subject to change due to product availability

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

No School

11

12

13

14

15

No School

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

18

19

20

21

22

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

25

26

27

28

29

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

1/2 Day of School
No Lunch



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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