

# What's on the Menu?

## Rochester Community Schools Secondary: In Person 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
We offer a variety of fresh and cupped fruits and vegetables including legumes offered throughout the week.					1 French Bread Pizza (V) OR Cheeseburger Sandwich OR Deli Turkey and Cheese Sandwich
	4 Cheeseburger Sandwich OR Cheese Pull Aparts (V) OR Deli Turkey Ham and Cheese Sandwich	5 Chicken Patty OR Grilled Cheese (V) Sandwich OR Deli Turkey Ham and Cheese Sandwich	6 Bosco Cheese Sticks w/ Pizza Dipping Sauce (V) OR Penne and Meatballs Breadstick OR Deli Turkey Ham and Cheese Sandwich	7 Macaroni and Cheese w/ Garlic Breadstick (V) OR Mini Corn Dogs OR Deli Turkey Ham and Cheese Sandwich	8 No School
	11 No School	12 Chicken and Cheese OR Cheese Qusadilla w/Salsa (V) OR Deli Turkey and Cheese Sandwich	13 Testing Day Cold Lunch Options Available Deli Sandwiches and Salads	14 Testing Day Cold Lunch Options Available Deli Sandwiches and Salads	15 Baked Ziti w/ Breadstick (V) OR Cheeseburger Sandwich OR Deli Turkey and Cheese Sandwich
We are currently not offering a la carte items.	18 Cheeseburger Sandwich OR Cheese Pull Aparts (V) OR Deli Turkey Ham and Cheese Sandwich	19 Chicken Patty OR Grilled Cheese (V) Sandwich OR Deli Turkey Ham and Cheese Sandwich	20 Bosco Cheese Sticks w/ Pizza Dipping Sauce (V) OR Penne and Meatballs Breadstick OR Deli Turkey Ham and Cheese Sandwich	21 Macaroni and Cheese w/ Garlic Breadstick (V) OR Mini Corn Dogs OR Deli Turkey Ham and Cheese Sandwich	22 French Bread Pizza (V) OR Cheeseburger Sandwich OR Deli Turkey and Cheese Sandwich
	25 Classic Cheese Pizza Slice (V) OR Chicken Nuggets w/ Breadstick OR Deli Turkey and Cheese Sandwich	26 Beef Fiesta Flatbread OR Cheese Qusadilla w/Salsa (V) OR Deli Turkey and Cheese Sandwich	27 Bosco Cheese Sticks w/ Pizza Dipping Sauce (V) OR Beef Hot Dog OR Deli Turkey and Cheese Sandwich	28 Chicken Patty OR Grilled Cheese (V) Sandwich OR Deli Turkey and Cheese Sandwich	29 1/2 Day of School No Lunch
All meals are FREE through the end of the school year due to a USDA waiver from COVID.					

### Questions or comments?

Food Service Director Tracy Hizer 248-726-4650

Assistant Directors

Tamara Brazelton 248-726-4601 or Marci Flaherty 248-726-4603

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