

What's on the Menu?

Rochester Community Schools Middle School: In Person Lunch Menu November 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
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
We offer a variety of fresh and cupped fruits and vegetables including legumes offered throughout the week.	Cheeseburger Sandwich OR Cheese Pull Aparts (V) OR Deli Turkey Ham and Cheese Sandwich	No School	Bosco Cheese Sticks w/ Pizza Dipping Sauce (V) OR Penne and Meatballs Breadstick OR Deli Turkey Ham and Cheese Sandwich	Macaroni and Cheese w/ Garlic Breadstick (V) OR Mini Corn Dogs OR Deli Turkey Ham and Cheese Sandwich	French Bread Pizza (V) OR Chicken Nuggets w/ Breadstick OR Deli Turkey and Cheese Sandwich
	8	9	10	11	12
	Classic Cheese Pizza Slice (V) OR Chicken Nuggets w/ Breadstick OR Deli Turkey and Cheese Sandwich	Chicken and Cheese OR Cheese Qusadilla w/Salsa (V) OR Deli Turkey and Cheese Sandwich	Bosco Cheese Sticks w/ Pizza Dipping Sauce (V) OR Beef Hot Dog OR Deli Turkey and Cheese Sandwich	Chicken Patty OR Grilled Cheese (V) Sandwich OR Deli Turkey and Cheese Sandwich	Baked Ziti w/ Breadstick (V) OR Cheeseburger Sandwich OR Deli Turkey and Cheese Sandwich
Menu subject to change due product availability	15	16	17	18	19
	Cheeseburger Sandwich OR Cheese Pull Aparts (V) OR Deli Turkey Ham and Cheese Sandwich	Chicken Patty OR Grilled Cheese (V) Sandwich OR Deli Turkey Ham and Cheese Sandwich	Bosco Cheese Sticks w/ Pizza Dipping Sauce (V) OR Penne and Meatballs Breadstick OR Deli Turkey Ham and Cheese Sandwich	Macaroni and Cheese w/ Garlic Breadstick (V) OR Mini Corn Dogs OR Deli Turkey Ham and Cheese Sandwich	French Bread Pizza (V) OR Chicken Nuggets w/ Breadstick OR Deli Turkey and Cheese Sandwich
We are currently not offering a la carte items.	22	23	24	25	26
	Classic Cheese Pizza Slice (V) OR Chicken Nuggets w/ Breadstick OR Deli Turkey and Cheese Sandwich	Beef Fiesta Flatbread OR Cheese Qusadilla w/Salsa (V) OR Deli Turkey and Cheese Sandwich	No School	No School	No School
All meals are FREE through the end of the school year due to a USDA waiver from COVID.	29	30			
	Cheeseburger Sandwich OR Cheese Pull Aparts (V) OR Deli Turkey Ham and Cheese Sandwich	Chicken Patty OR Grilled Cheese (V) Sandwich OR Deli Turkey Ham and Cheese Sandwich			

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.