

What's on the Menu?

Rochester Community Schools: Virtual Student Lunch Menu November 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	2	3	4	5
	Chicken Nuggets with Whole Grain Cupped Fruit Fresh Vegetable	No School	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
	8	9	10	11	12
*Please note: Menu items subject to change due to product availability	Bosco Sticks with Pizza Sauce Cupped Fruit Fresh Vegetable	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
	15	16	17	18	19
	Chicken Nuggets with Whole Grain Cupped Fruit Fresh Vegetable	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
	22	23	24	25	26
	Bosco Sticks with Pizza Sauce Cupped Fruit Fresh Vegetable	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	No School	No School Thanksgiving Recess	No School
	29	30			
Special Pick Up Day:	PICK UP DAY 12:45-1:30pm: Chicken Nuggets Cupped Fruit Fresh Vegetable	Beef Fiestada Fresh 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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