

What's on the Menu?

Rochester Community Schools Middle School: In Person Lunch Menu January 2022

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.	3	4	5	6	7	
	Classic Cheese Pizza Slice (V) OR Chicken Nuggets w/ Breadstick OR Deli Turkey and Cheese Sandwich	Beef Fiesta Flatbread OR Cheese Quesadilla 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	Pasta and Meatballs with a Breadstick OR Chicken Tenders with Breadstick Sandwich OR Deli Turkey and Cheese Sandwich	
	10	11	12	13	14	
	Cheese Pull Aparts (V) OR Cheeseburger OR Deli Turkey Ham and Cheese Sandwich	Chicken Patty OR Grilled Cheese (V) Sandwich OR Deli Turkey Ham and Cheese Sandwich	1/2 Day of School No Lunch Service	1/2 Day of School No Lunch Service	1/2 Day of School No Lunch Service	
	Menu subject to change due product availability	17	18	19	20	21
		No School	Beef Fiesta Flatbread OR Cheese Quesadilla 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
		24	25	26	27	28
		Cheese Pull Aparts (V) OR Cheeseburger 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 Meatball Sub 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 OR Chicken Drumstick with Breadstick OR Deli Turkey Ham and Cheese Sandwich
		All meals are FREE through the end of the school year due to a USDA waiver from COVID.	31			
	Classic Cheese Pizza Slice (V) OR Chicken Nuggets w/ Breadstick OR Deli Turkey 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.

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