

What's on the Menu?

Rochester Community Schools: Virtual Student Lunch Menu January 2022

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 Mondays 12:45pm-1:30pm West Middle School; see RCS website for more details.

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
	PICK UP DAY 12:45-1:30pm: Chicken Nuggets Cupped Fruit Fresh Vegetable	Beef Fiestada Fresh Fruit Fresh Vegetable	Chicken Patty Sandwich Cupped Fruit Fresh Vegetable	Chicken Nuggets with Whole Grain Cupped Fruit Fresh Vegetable	Hamburger Fresh Vegetable Cupped Fruit
	10	11	12	13	14
*Please note: Menu items subject to change due to product availability	PICK UP DAY 12:45-1:30pm: Breaded Chicken Leg Fresh Fruit Fresh Vegetable	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	Cheesy Pull-Aparts Whole Fruit Fresh Vegetable	Bosco Sticks with Pizza Sauce Cupped Fruit Fresh Vegetable	French Bread Pizza Cupped Fruit Fresh Vegetable
	17	18	19	20	21
	No School	4 DAY **PICK UP DAY 12:45-1:30pm: Chicken Nuggets Cupped Fruit Fresh Vegetable	Chicken Patty Sandwich Cupped Fruit Fresh Vegetable	Chicken Nuggets with Whole Grain Cupped Fruit Fresh Vegetable	Hamburger Fresh Vegetable Cupped Fruit
	24	25	22	23	24
	PICK UP DAY 12:45-1:30pm: Breaded Chicken Leg Fresh Fruit Fresh Vegetable	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	Cheesy Pull-Aparts Whole Fruit Fresh Vegetable	Bosco Sticks with Pizza Sauce Cupped Fruit Fresh Vegetable	French Bread Pizza Cupped Fruit Fresh Vegetable
	31				
	PICK UP DAY 12:45-1:30pm: Chicken Nuggets Cupped 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.

This institution is an equal opportunity provider.