

# What's on the Menu?

## Rochester Community Schools: Virtual Student Lunch Menu May 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 pickups Mondays (unless noted) 12:45pm-1:30pm West Middle School; see RCS website for more details.

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
	<b>PICK UP DAY</b> 12:45pm-1:30pm Mini Corn Dog Nuggets Fresh Fruit Fresh Vegetable	<b>Cheese Quesadilla</b> Cupped Fruit Fresh Vegetable	<b>Chicken Patty Sandwich</b> Cupped Fruit Fresh Vegetable	<b>Bosco Sticks</b> with Pizza Sauce Cupped Fruit Fresh Vegetable	<b>No School</b>
	9	10	11	12	13
*Please note: Menu items subject to change due to product availability	<b>PICK UP DAY</b> 12:45-1:30pm: Breaded Chicken Leg Fresh Fruit Fresh Vegetable	<b>Turkey and Cheese Sandwich</b> Cupped Fruit Fresh Vegetable	<b>Cheesy Pull-Aparts</b> Whole Fruit Fresh Vegetable	<b>Chicken Nuggets</b> with Whole Grain Cupped Fruit Fresh Vegetable	<b>French Bread Pizza</b> Cupped Fruit Fresh Vegetable
	16	17	18	19	20
	<b>PICK UP DAY</b> 12:45pm-1:30pm Mini Corn Dog Nuggets Fresh Fruit Fresh Vegetable	<b>Cheese Quesadilla</b> Cupped Fruit Fresh Vegetable	<b>Chicken Patty Sandwich</b> Cupped Fruit Fresh Vegetable	<b>Bosco Sticks</b> with Pizza Sauce Cupped Fruit Fresh Vegetable	<b>Bean Burrito</b> Cupped Fruit Fresh Vegetable
	23	24	25	26	27
	<b>PICK UP DAY</b> 12:45pm-1:30pm Breaded Chicken Leg Fresh Fruit Fresh Vegetable	<b>Turkey and Cheese Sandwich</b> Cupped Fruit Fresh Vegetable	<b>Cheesy Pull-Aparts</b> Whole Fruit Fresh Vegetable	<b>Chicken Nuggets</b> with Whole Grain Cupped Fruit Fresh Vegetable	<b>French Bread Pizza</b> Cupped Fruit Fresh Vegetable
	30	31			
	<b>NO PICK UP TODAY</b> No School Memorial Day	<b>PICK UP DAY</b> 12:45pm-1:30pm Cheese Quesadilla Cupped Fruit Fresh Vegetable			



Questions or comments? Food Service Director 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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