

What's on the Menu?

Rochester Community Schools: ATPS ACE Lunch Menu February 2023

A full student lunch includes a choice of entrée supplying protein and grain, 2(1/2) Cup vegetable sides, 2 (1/2) Cup fruit side dishes, and a choice of 1% white or chocolate milk.

School Foodservice Information: Price \$3.25 PAID, \$.40 REDUCED*, FREE if qualified*
A student must select a 1/2 cup fruit to make a complete meal or a la carte pricing will be applied.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|--|--|--|
| | | | 1 | 2 | 3 |
| CHOICE A: | | | Chicken Nuggets w/ WG Cheddar Goldfish Crackers Fresh Vegetable Fresh Fruit | Pancakes w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup | Cheese Quesadilla (V) Fresh Broccoli Cupped Fruit |
| | 6 | 7 | 8 | 9 | 10 |
| CHOICE A: | Fiestada Pizza Fresh Vegetable Juice Cup | Corn Dog Vegetarian Baked Beans Cupped Fruit | Popcorn Chicken w/ WG Cheddar Goldfish Crackers Fresh Vegetable Fresh Fruit | Waffles w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup | No School |
| | 13 | 14 | 15 | 16 | 17 |
| CHOICE A: | Cheeseburger with Tater Tots Fresh Fruit | Hot Dog WG Bun Vegetarian Baked Beans Fresh Fruit | Chicken Nuggets w/ WG Cheddar Goldfish Crackers Fresh Vegetable Fresh Fruit | Pancakes w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup | Cheese Quesadilla (V) Fresh Broccoli Cupped Fruit |
| | 20 | 21 | 22 | 23 | 24 |
| CHOICE A: | No School | No School | Popcorn Chicken w/ WG Cheddar Goldfish Crackers Fresh Vegetable Fresh Fruit | Waffles w/ Syrup Turkey Sausage Patty Tater Tots Juice Cup | WG Bosc (V) Pizza Sauce Cupped Fruit |
| | 27 | 28 | | | |
| CHOICE A: | Cheeseburger with Tater Tots Fresh Fruit | Hot Dog WG Bun Vegetarian Baked Beans Fresh Fruit | | | |
| CHOICE B: | Italian Cheese Pull Apart (V) | Italian Cheese Pull Apart (V) | Italian Cheese Pull Apart (V) | Italian Cheese Pull Apart (V) | Deli Turkey and Cheese Sub Sandwich |

Questions or comments? Food Service Director Marsha Dziewit 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.



