

What's on the Menu?

Rochester Community Schools: APTS ACE Lunch Menu March 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	WG Bosc (V) Pizza Sauce Cupped Fruit
	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:	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	1/2 Day of School
	27	28	29	30	31
CHOICE A:	Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess School	No Spring Recess No School
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.



