

# What's on the Menu?

## Rochester Community Schools: ATPS ACE Lunch Menu May 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	4	5
<b>CHOICE A:</b>	<b>Cheeseburger</b> with Tater Tots Fresh Fruit	<b>Hot Dog WG Bun</b> Vegetarian Baked Beans Fresh Fruit	<b>Chicken Nuggets</b> w/ WG Cheddar <b>Goldfish Crackers</b> Fresh Vegetable Fresh Fruit	<b>Pancakes w/ Syrup</b> <b>Turkey Sausage Patty</b> Tater Tots Juice Cup	<b>Cheese Quesadilla (V)</b> Fresh Broccoli Cupped Fruit
	8	9	10	11	12
<b>CHOICE A:</b>	<b>Fiestada Pizza</b> Fresh Vegetable Juice Cup	<b>Corn Dog</b> Vegetarian Baked Beans Cupped Fruit	<b>Popcorn Chicken</b> w/ WG Cheddar <b>Goldfish Crackers</b> Fresh Vegetable Fresh Fruit	<b>Waffles w/ Syrup</b> <b>Turkey Sausage Patty</b> Tater Tots Juice Cup	<b>WG Boscós (V)</b> Pizza Sauce Cupped Fruit
	15	16	17	18	19
<b>CHOICE A:</b>	<b>Cheeseburger</b> with Tater Tots Fresh Fruit	<b>Hot Dog WG Bun</b> Vegetarian Baked Beans Fresh Fruit	<b>Chicken Nuggets</b> w/ WG Cheddar <b>Goldfish Crackers</b> Fresh Vegetable Fresh Fruit	<b>Pancakes w/ Syrup</b> <b>Turkey Sausage Patty</b> Tater Tots Juice Cup	<b>Cheese Quesadilla (V)</b> Fresh Broccoli Cupped Fruit
	22	23	24	25	26
<b>CHOICE A:</b>	<b>Fiestada Pizza</b> Fresh Vegetable Juice Cup	<b>Corn Dog</b> Vegetarian Baked Beans Cupped Fruit	<b>Popcorn Chicken</b> w/ WG Cheddar <b>Goldfish Crackers</b> Fresh Vegetable Fresh Fruit	<b>Waffles w/ Syrup</b> <b>Turkey Sausage Patty</b> Tater Tots Juice Cup	<b>WG Boscós (V)</b> Pizza Sauce Cupped Fruit
	29	30	31		
<b>CHOICE A:</b>	<b>No School</b>	<b>Hot Dog WG Bun</b> Vegetarian Baked Beans Fresh Fruit	<b>Chicken Nuggets</b> w/ WG Cheddar <b>Goldfish Crackers</b> Fresh Vegetable Fresh Fruit		
<b>CHOICE B:</b>	<b>Italian Cheese Pull Apart (V)</b>	<b>Italian Cheese Pull Apart (V)</b>	<b>Italian Cheese Pull Apart (V)</b>	<b>Italian Cheese Pull Apart (V)</b>	<b>Deli Turkey and Cheese Sub Sandwich</b>

**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](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

**This institution is an equal opportunity provider.**



