

What's on the Menu?

Rochester Community Schools Secondary: Lunch December 2023

A full student breakfast includes a choice of entrée supplying protein and grain, 1/2 cup fruit sides, and 1% chocolate or white milk.

A student must select a 1/2 cup fruit to make a complete meal or a la carte pricing will be applied.

*Menu subject to change due product availability	Monday (V) Vegetarian Option	Tuesday (WG) Whole Grain	Wednesday	Thursday	Friday
CHOICE A					WG Bosco Breadsticks (V) Pizza Sauce Fresh Fruit
	4	5	6	7	8
CHOICE A	No School	Beef Hot Dog WG Bun Vegetarian Baked Beans Fresh Fruit	Chicken Nuggets w/ WG Cheddar Goldfish Crackers Fresh Vegetable Canned Fruit	WG Pancakes w/ Syrup (V) Turkey Sausage Tater Tots 100% Fruit Juice	Cheese Quesadilla (V) Fresh Broccoli Fresh Fruit
	11	12	13	14	15
CHOICE A	Chicken Patty Sandwich WG Bun Fresh Vegetable Fresh Fruit	WG Mini Corn Dog Nuggets Vegetarian Baked Beans Fresh Fruit	Popcorn Chicken w/ WG Cheddar Goldfish Crackers Fresh Vegetable Canned Fruit	WG Waffles w/ Syrup (V) Turkey Sausage Tater Tots 100% Fruit Juice	WG Bosco Breadsticks (V) Pizza Sauce Fresh Fruit
	18	19	20	21	22
CHOICE A	Beef Cheeseburger WG Bun Tater Tots Fresh Fruit	Beef Hot Dog WG Bun Vegetarian Baked Beans Fresh Fruit	Chicken Nuggets w/ WG Cheddar Goldfish Crackers Fresh Vegetable Canned Fruit	WG Pancakes w/ Syrup (V) Turkey Sausage Tater Tots 100% Fruit Juice	Cheese Quesadilla (V) Fresh Broccoli Fresh Fruit
	25	26	27	28	29
CHOICE A	No School Winter Holiday	No School Winter Holiday	No School Winter Holiday	No School Winter Holiday	No School Winter Holiday
CHOICE B	French Bread Pizza (V)	French Bread Pizza (V)	French Bread Pizza (V)	Deli Turkey Sandwich WG Bun	Deli Turkey Sandwich WG Bun

