

What's on the Menu?

Rochester Community Schools: Lunch Menu January 2021

A full student lunch includes a choice of entrée supplying protein and grain, 1/2 cup fruit side, 1/2 cup of vegetable side, and 1% or skim white milk.

Curbside pickups Wednesdays 11:30am-12:30pm select locations; see RCS website for details.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	7	8	
7 Day Lunch Curbside Menu		*Please note: Menu items subject to change due to product availability		<u>PICK UP DAY:</u> Breaded Chicken Leg w/ Breadstick Grape Tomatoes Fresh Fruit	Pancakes with Syrup Turkey Sausage Patty Tater Tots Whole Fruit	Cheese Pizza Green Beans Cupped Fruit	
9	10	11	12	13	14	15	
Wowbutter Sandwich Cupped Fruit Fresh Vegetable	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	Muffin Fun Lunch Whole Fruit Fresh Vegetable	Italian Combo Sandwich Cupped Fruit Fresh Vegetable	<u>PICK UP DAY:</u> Cheese Quesadilla Baby Carrots Whole Fruit	French Toast w/ Syrup Turkey Sausage Patty Tater Tots Fruit	Hamburger Dark Green Salad Cupped Fruit	
16	17	18	19	20	21	22	
Cheese Quesadilla Baby Carrots Whole Fruit	Chicken Nuggets Grape Tomatoes Fresh Fruit	Turkey and Cheese with Crackers Fresh Fruit Fresh Vegetable	Wowbutter Sandwich Cupped Fruit Fresh Vegetable	<u>PICK UP DAY:</u> Bosco Sticks with Pizza Sauce Power Peas Dried Fruit	Waffles w/ Syrup Turkey Sausage Links Tater Tots Whole Fruit	Grilled Cheese Sandwich Broccoli Florets Whole Fruit	
23	24	25	26	27	28	29	
Wowbutter Sandwich Cupped Fruit Fresh Vegetable	Cereal Fun Lunch Whole Fruit Fresh Vegetable	Chicken Nuggets Grape Tomatoes Fresh Fruit	Turkey and Cheese Sandwich Cupped Fruit Fresh Vegetable	<u>PICK UP DAY:</u> Breaded Chicken Leg w/ Breadstick Grape Tomatoes Fresh Fruit	Pancakes with Syrup Turkey Sausage Patty Tater Tots Whole Fruit	Cheese Pizza Green Beans Cupped Fruit	
30	31						
Hamburger Dark Green Salad Cupped Fruit	Wowbutter Sandwich Cupped Fruit Fresh Vegetable					<i>Remember to wash your hands before you eat!</i>	

Questions or comments?

Food Service Director Tracy Hizer 248-726-4650

Assistant Directors

Tamara Brazeton 248-726-4601 or Marci Flaherty 248-726-4603

Go to MyPlate.gov for online personal wellness resources for you and your family.

Make Checks Payable to RCS Foodservice.

This institution is an equal opportunity provider.

