## What's on the Menu?

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Rochester Community Schools Secondary: In Person Lunch Menu March 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.

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| All meals are FREE through the end of the school year due to USDA waiver from COVID. | 1 | 2 | 3 | 4 | 5 |
|  | Bosco Cheese Sticks w/ Pizza Dipping Sauce OR <br> Deli Turkey and Cheese Sandwich | Beef Fiesta Flatbread <br> OR <br> Turkey Ham Sub Sandwich | Max Pizza Sticks OR <br> Deli Turkey and Cheese Sandwich | Chicken Patty Sandwich OR Turkey Ham Sub Sandwich | French Bread Pizza OR <br> Wowbutter and Jelly Sandwich |
| All meals are served with $1 / 2$ cup fruit and $1 / 2$ cup vegetable and $80 z$ milk | 8 | 9 | 10 | 11 | 12 |
|  | Classic Cheese Pizza Slice OR <br> Deli Turkey Ham and Cheese Sandwich | Turkey Nacho Fun Lunch OR <br> Deli Combo Sandwich | Bosco Cheese Sticks w/ Pizza Dipping Sauce OR Deli Turkey Ham and Cheese Sub | Macaroni and Cheese w/ Garlic Breadstick OR <br> Deli Combo Sandwich | Cheese Quesadilla w/Salsa OR <br> Wowbutter and Jelly Sandwich |
| Our menu is currently to modified as we transition to full in person | 15 | 16 | 17 | 18 | 19 |
|  | Bosco Cheese Sticks w/ Pizza Dipping Sauce OR <br> Deli Turkey and Cheese Sandwich | Beef Fiesta Flatbread OR Turkey Ham Sub Sandwich | Max Pizza Sticks OR <br> Deli Turkey and Cheese Sandwich | Chicken Patty Sandwich OR <br> Turkey Ham Sub Sandwich | 1/2 Day of School |
| We currently are not able to offer a la carte items and when we will again when we are able to do so safely. | 22 | 23 | 24 | 25 | 26 |
|  | Classic Cheese Pizza Slice OR <br> Deli Turkey Ham and Cheese Sandwich | Turkey Nacho Fun Lunch OR <br> Deli Combo Sandwich | Bosco Cheese Sticks w/ Pizza Dipping Sauce OR Deli Turkey Ham and Cheese Sub | Macaroni and Cheese w/ Garlic Breadstick OR <br> Deli Combo Sandwich | Cheese Quesadilla w/Salsa <br> OR <br> Wowbutter and Jelly Sandwich |
|  | 29 | 30 | 31 |  |  |
| Menu subject to change due product availibility | NO SCHOOL | NO SCHOOL | NO SCHOOL |  | Be sure to wash your hands before you eat! |

## Questions or comments?

Food Service Director Tracy Hizer 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.
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