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refresh. refuel. relax.

Rochester Intermediate School Lunch

September 2021

20	**NEW THIS MONTH: BEEFY NACHOS DAILY OPTION E!!**	1 Pop Tart A: Country Fried Chicken B: Chicken Patty C: Chicken Tenders D: Cheese & Pepperoni Pizza	2 Breakfast Pizza A: French Toast w/ Omelet B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	3 Muffin w/ String Cheese A: Homemade Pepperoni Pizza B: Chicken Patty C: Beefy Nachos D: Homemade Mac n Cheese Pizza
	7 Lumberjack A: Chicken & Noodles B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	8 Nutra Grain Bar w/ String Cheese A: Pizza Grilled Cheese B: Chicken Patty C: Chicken Tenders D: Cheese & Pepperoni Pizza	9 Berry French Toast A: Pizza Bosco Sticks w/ Sauce B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	10 Breakfast Bar A: Homemade Cheese Pizza B: Chicken Patty C: Beefy Nachos D: Homemade Breakfast Pizza
13 Muffin w/ String Cheese A: Twin Tacos B: Chicken Patty C: Chicken Nuggets D: Cheese & Pepperoni Pizza	14 Strawberry Cream Cheese Bagel A: Chicken Drumstick w/ Mac & Cheese B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	15 Cinnamon Toast Crunch Cereal A: Mini Corn Dogs B: Chicken Patty C: Chicken Tenders D: Cheese & Pepperoni Pizza	16 Apple Frudel A: Omelet w/ Cheese & Donut B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	17 Pop Tart A: Homemade Pepperoni Pizza B: Chicken Patty C: Beefy Nachos D: Homemade Supreme Pizza
20 Breakfast Bar A: Chicken Nachos B: Chicken Patty C: Chicken Nuggets D: Cheese & Pepperoni Pizza	21 Mini Cinnamon Rolls A: BBQ Rib SW B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	22 Nutra Grain Bar w/ String Cheese A: Bosco's w/ Sauce B: Chicken Patty C: Chicken Tenders D: Cheese & Pepperoni Pizza	23 Maple Waffles A: Corn Dog B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	24 Breakfast Bar A: Homemade Cheese Pizza B: Chicken Patty C: Beefy Nachos D: Homemade Chicken Taco Pizza
27 Pop Tart A: Cheeseburger B: Chicken Patty C: Chicken Nuggets D: Cheese & Pepperoni Pizza	28 French Toast Swirl A: Chicken Parmesan w/ Spaghetti B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	29 Frosted Flakes Cereal A: Hamburger Horseshoe B: Chicken Patty C: Chicken Tenders D: Cheese & Pepperoni Pizza	30 Cherry Frudel A: Pancake w/ Sausage B: Chicken Patty C: Popcorn Chicken D: Cheese & Pepperoni Pizza	

Served Daily...

-Milk Choice -Beefy Nachos

-Fresh Fruit and Vegetable Bar

More info...

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

We now offer snack items:

Whole grain rice krispie treats
Varity yogurt
Fruit roll ups
Whole grain chips
100 calories chips ahoy

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-All Breads are Whole Grain

Snack items are not included as part of the lunch and are an addition cost

Menu is subject to change without notice

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