

What's on the Menu?


Rochester Community Schools

Middle School Menu

August 29- September 2, 2022

A full student lunch includes a choice of entrée supplying protein and grain, 2(1/2) Cup vegetable side dishes, 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 serving of fruit or vegetable to make a complete meal or a la carte pricing will be applied. This institution is an equal opportunity provider.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
create	Available Daily: Favorite comfort foods and international flavors served your way				
	1/2 Day of School	Turkey Tacos WG Tortilla Cheddar Cheese, Lettuce and Tomato Cilantro Brown Rice Seasoned Black Beans Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast WG Pancake w/ Syrup Egg and Cheese Omelet Tater Tots Homemade Apple Crisp	Popcorn Chicken Bowl Garlic Twist Seasoned Corn Mash Potato w/ Savory Gravy Fresh Scallions	No School
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers and Cheeseburgers				
		Chicken Nuggets w/Breadstick Waffle Fries	Grilled Cheese Sandwich Tater Tots	Chicken Tenders w/Breadstick Sweet Potato Tots	
	Available Daily: Classic Whole Grain Cheese Pizza				
		Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	
ON THE GO		Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey Sandwich	
		Fruit Parfait with Yogurt & Homemade Granola	Fruit Parfait with Yogurt & Homemade Granola	Fruit Parfait with Yogurt & Homemade Granola	
extra extra	Available Daily: Cold fruit and vegetable bar, featuring fresh whole fruit and seasonal produce including local items.				
		Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	Romaine and Spinach Salad Cucumber Coins Baby Carrots Chilled Pears	Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	

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 for online personal wellness resources for you and your family. Make Checks Payable to RCS Foodservice.

