

What's on the Menu?


Rochester Community Schools

High 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
AMERICAN CLASSICS	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				
		Chicken Nuggets w/Breadstick Spicy Chicken WG Bun Waffle Fries	Grilled Cheese Sandwich Spicy Chicken WG Bun Tater Tots	Chicken Tenders w/Breadstick Spicy Chicken WG Bun Sweet Potato Tots	
	Available Daily: Classic Whole Grain Cheese Pizza				
		Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	
SO DELI ON THE GO	Available Daily: Assorted meats, cheeses and other proteins; whole grain breads; lettuce, tomatoes and a choice of fresh vegetable toppings; and a variety of dressings to create your salad or 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 seasonal produce including local items as available.				
		Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	Romaine and Spinach Salad Broccoli Florets Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Celery Sticks Baby Carrots Chilled Peaches	

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.

