

What's on the Menu?

Rochester Community Schools

High School Menu

September 19-23, 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				
	Asian Flavors	Chicken Bean and Cheese Burrito WG Tortilla	Late Night Breakfast	Popcorn Chicken Bowl Garlic Twist	Enriched Macaroni and Cheese with WG Chicken Leg
	Sweet and Sour Chicken	Cilantro Brown Rice Vegetarian Refried Beans	WG French Toast w/ Syrup Scrambled Eggs or Turkey Sausage Patty	Seasoned Corn	WG Breadstick
	Brown Rice Seasoned Carrots	Fresh Pico De Gallo Fresh Cilantro	Tater Tots	Mash Potato w/ Savory Gravy	Seasoned Broccoli
Fresh Scallions		Homemade Apple Crisp	Fresh Scallions	Roma Cheese Blend	
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Nashville Chicken Sandwich	Chicken Nuggets w/Breadstick	Mini Corn Dog Nuggets	Grilled Cheese Sandwich	Cheese Sticks w/ Marinara
	Spicy Chicken WG Bun	Spicy Chicken WG Bun	Spicy Chicken WG Bun	Spicy Chicken WG Bun	Spicy Chicken WG Bun
Baked Potato Wedges	Waffle Fries	Tater Tots	Sweet Potato Tots	Baked Potato Wedges	
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Mexican Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Aloha Pizza	Pepperoni Pizza
SO DELI	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				
	ON THE GO	Fruit Parfait with Yogurt & Homemade Granola	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.				
	Three Bean Salad	Three Bean Salad	Romaine and Spinach Salad	Romaine and Spinach Salad	Power Peas
	Cucumber Coins	Cherry Tomatoes	Broccoli Florets	Celery Sticks	Red Pepper Strips
	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
Chilled Applesauce	Chilled Applesauce	Seasonal Fresh Fruit	Chilled Pears	Chilled Pears	

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 Foodser vice.



