

# What's on the Menu?

Rochester Community Schools

## Middle School Menu

October 3-7, 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
	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Asian Flavors	Turkey Tacos WG Tortilla	Late Night Breakfast	Popcorn Chicken Bowl Garlic Twist	<b>No School</b>
	General Tso WG Chicken	Cheddar Cheese, Lettuce and Tomato	WG Pancake w/ Syrup Egg and Cheese Omelet	Seasoned Corn	
	Asian Brown Rice Seasoned Carrots	Cilantro Brown Rice Seasoned Black Beans	Tater Tots	Mash Potato w/ Savory Gravy	
Fresh Scallions	Fresh Pico De Gallo Fresh Cilantro	Homemade Apple Crisp	Fresh Scallions		
	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Nashville Chicken Sandwich	Chicken Nuggets w/Breadstick	Grilled Cheese Sandwich	Chicken Tenders w/Breadstick	
	Spicy Chicken WG Bun Wedge Fries	Spicy Chicken WG Bun Waffle Fries	Spicy Chicken WG Bun Tater Tots	Spicy Chicken WG Bun Sweet Potato Tots	
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	
	Deli Turkey Sandwich	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	Fruit Parfait with Yogurt & Homemade Granola	
	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.</b>				
	Romaine and Spinach Salad	Romaine and Spinach Salad	Romaine and Spinach Salad	Romaine and Spinach Salad	
	Cherry Tomatoes	Cherry Tomatoes	Celery Sticks	Celery Sticks	
	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	
	Chilled Applesauce	Chilled Applesauce	Seasonal Fresh Fruit	Seasonal Fresh Fruit	

**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.



