

What's on the Menu?


Rochester Community Schools

High School Menu

October 10-14, 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				
	No School	Chicken Bean and Cheese Burrito WG Tortilla Cilantro Brown Rice Vegetarian Refried Beans Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast WG French Toast w/ Syrup Scrambled Eggs or Turkey Sausage Patty Tater Tots Warm Cinnamon Apples	Popcorn Chicken Bowl Garlic Twist Seasoned Corn Mash Potato w/ Savory Gravy Fresh Scallions	Enriched Macaroni and Cheese with WG Chicken Leg WG Breadstick Seasoned Broccoli Roma Cheese Blend
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
		Chicken Nuggets w/Breadstick Spicy Chicken WG Bun Waffle Fries	Mini Corn Dog Nuggets Spicy Chicken WG Bun Tater Tots	Grilled Cheese Sandwich Spicy Chicken WG Bun Sweet Potato Tots	Cheese Sticks w/ Marinara Spicy Chicken WG Bun Baked Potato Wedges
	Available Daily: Classic Whole Grain Cheese Pizza				
		Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
ON THE GO		Deli Sandwich or Salad	Deli Sandwich or Salad	Deli Sandwich or Salad	Deli Sandwich or Salad
		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 Celery Sticks Baby Carrots Chilled Applesauce	Three Bean Salad Celery Sticks Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Cucumber Coins Baby Carrots Chilled Pears	Romaine and Spinach Salad Cucumber Coins Baby Carrots 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.



