

# What's on the Menu?


Rochester Community Schools

## Middle School Menu

October 17-21, 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>create</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Asian Flavors	Walking Beef Taco	Late Night Breakfast	Popcorn Chicken Bowl Garlic Twist	Enriched Rotini Pasta and Meatballs
	General Tso WG Chicken	Cheese Queso and Shredded Lettuce	Cheesy Scrambled Egg with Tater Tots Bowl	Seasoned Corn	WG Breadstick
	Asian Brown Rice Seasoned Carrots	Cilantro Brown Rice Seasoned Black Beans	WG Biscuit	Mash Potato w/ Savory Gravy	Seasoned Green Beans
	Fresh Scallions	Mild Salsa Pickled Jalapeno	Homemade Apple Crisp	Fresh Scallions	Roma Cheese Blend
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Nashville Chicken Sandwich	Beef Hot Dog WG Bun	Grilled Cheese Sandwich	Chicken Tenders w/Breadstick	Blackbean Burger
	Spicy Chicken WG Bun Baked Potato Wedges	Spicy Chicken WG Bun Waffle Fries	Spicy Chicken WG Bun Tater Tots	Spicy Chicken WG Bun Sweet Potato Tots	Spicy Chicken WG Bun Baked Potato Wedges
	<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	Sausage Pizza
<b>ON THE GO</b>	Deli Turkey Sandwich	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	Fruit Parfait with Yogurt & Homemade Granola
<b>extra. extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.</b>				
	Cannellini Bean Salad	Cannellini Bean Salad	Romaine and Spinach Salad	Romaine and Spinach Salad	Romaine and Spinach Salad
	Power Peas	Power Peas	Power Peas	Red Pepper Strips	Red Pepper Strips
	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
	Chilled Applesauce	Chilled Applesauce	Seasonal Fresh Fruit	Chilled Peaches	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.



