

What's on the Menu?


Rochester Community Schools

High School Menu

November 21-25, 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				
	Pulled Chicken Tikka Masala	Chicken Bean and Cheese Burrito WG Tortilla			
	Brown Rice Seasoned Peas	Cilantro Brown Rice Vegetarian Refried Beans	Thanksgiving Recess	Thanksgiving Recess	Thanksgiving Recess
	Fresh Cilantro	Fresh Pico De Gallo Fresh Cilantro			
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Nashville Chicken Sandwich	Chicken Nuggets w/Breadstick			
	Spicy Chicken WG Bun	Spicy Chicken WG Bun			
	Baked Potato Wedges	Waffle Fries			
	Available Daily: Classic Whole Grain Cheese 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			
extra extra	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.				
	Three Bean Salad	Three Bean Salad			
	Cucumber Coins	Cucumber Coins			
	Baby Carrots	Baby Carrots			
	Spinach & Chick Peas	Spinach & Chick Peas			

Questions or comments? Food Service Director Marsha Dzewit 248-726-4650

Assistant Directors Tamara Brazelton 248-726-4601 or Marci Flaherty 248-726-4603

Go to [MyPlate.gov](https://myplate.gov) for online personal wellness resources for you and your family. Make Checks Payable to RCS Foodservice.

LET'S GET
COOKING

chartwells
serving up happy & healthy

