

What's on the Menu?

Rochester Community Schools

Middle School Menu

January 30- February 3, 2023

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
create	Available Daily: Favorite comfort foods and international flavors served your way				
	Pulled Chicken Tikka Masala Brown Rice Seasoned Peas WG Dinner Roll Fresh Cilantro	Taco Turkey WG Soft Taco or Nacho Queso Blanco  Cilantro Brown Rice Vegetarian Refried Beans Cheddar Cheese Shredded Lettuce Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast WG French Toast w/ Syrup Scrambled Eggs or Turkey Sausage Patty Tater Tots Homemade Apple Crisp	Popcorn Chicken Bowl WG Breadstick Seasoned Corn Mash Potato w/ Savory Gravy Fresh Scallions	Enriched Rotini Pasta with Italian Meat Sauce WG Biscuit Seasoned Broccoli Roma Cheese Blend
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Nashville Chicken Sandwich Spicy Chicken Sandwich Baked Potato Wedges	Chicken Nuggets w/Breadstick Spicy Chicken Sandwich 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				
	MAX Cheese Stuffed BreadSticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage 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	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 Cucumber Coins Baby Carrots Spinach & Chick Peas	Three Bean Salad Cucumber Coins Baby Carrots Spinach & Chick Peas	Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Power Peas Red Pepper Strips Baby Carrots Chilled Pineapple

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.



