

# What's on the Menu?

Rochester Community Schools

Middle School

March 13-17, 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
<b>create</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	General Tso WG Chicken  Asian Brown Rice  Seasoned Peas  Fresh Scallions	Taco Turkey WG Soft Taco or Nacho Queso Blanco Cilantro Brown Rice Vegetarian Refried Beans  Fresh Toppings Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast  Waffles w/ Syrup Fluffy Eggs or Turkey Sausage  Hash Brown Patty  Warm Cinnamon Apples	Popcorn Chicken Bowl WG Breadstick  Mash Potato w/ Savory Gravy  Seasoned Corn  Fresh Scallions	Enriched Macaroni and Cheese with  WG Chicken Leg WG Breadstick  Seasoned Broccoli  Roma Cheese Blend
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers and Cheeseburgers</b>				
	Beef Hot Dog WG Bun Spicy Chicken WG Bun Baked Potato Wedges	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 Crinkle Cut Fries	Cheese Sticks w/ Marinara Spicy Chicken WG Bun Baked Potato Wedges
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	MAX Cheese Stuffed BreadSticks 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 whole fruit and seasonal produce including local items.</b>				
	Citrus Kidney Bean Salad Celery Sticks Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad Celery Sticks Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad Celery Sticks Baby Carrots Seasonal Fresh Fruit	Spinach Cranberry Salad Cucumber Coins Baby Carrots Chilled Pears	Spinach Cranberry 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 [MvPlate.gov](http://MvPlate.gov) for online personal wellness resources for you and your family. Make Checks Payable to RCS Foodser vice.



