

What's on the Menu?

Rochester Community Schools

High School Menu

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
AMERICAN CLASSICS	Available Daily: Favorite comfort foods and international flavors served your way				
	General Tso WG Chicken	Taco Turkey WG Soft Taco or Nacho Queso Blanco Cilantro Brown Rice Vegetarian Refried Beans	Late Night Breakfast	Popcorn Chicken Bowl WG Breadstick	Enriched Macaroni and Cheese with
	Asian Brown Rice	 Fresh Toppings Fresh Pico De Gallo Fresh Cilantro	Scrambled Eggs or Turkey Sausage Waffles w/ Syrup	Mash Potato w/ Savory Gravy	WG Chicken Leg WG Breadstick
	Seasoned Peas		Hash Brown Patty	Seasoned Corn	Seasoned Broccoli
	Fresh Scallions		Warm Cinnamon Apples	Fresh Scallions	Roma Cheese Blend
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers and Cheeseburgers				
	Beef Hot Dog WG Bun	Chicken Nuggets w/Breadstick	Mini Corn Dog Nuggets	Grilled Cheese Sandwich	Cheese Sticks w/ Marinara
	Spicy Chicken WG Bun	Spicy Chicken WG Bun	Spicy Chicken WG Bun	Spicy Chicken WG Bun	Spicy Chicken WG Bun
Baked Potato Wedges	Waffle Fries	Tater Tots	Crinkle Cut Fries	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
ON THE GO	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
extra. extra	Available Daily: Cold fruit and vegetable bar, featuring fresh whole fruit and seasonal produce including local items.				
	Citrus Kidney Bean Salad	Citrus Kidney Bean Salad	Citrus Kidney Bean Salad	Spinach Cranberry Salad	Spinach Cranberry Salad
	Celery Sticks	Celery Sticks	Celery Sticks	Cucumber Coins	Cucumber Coins
	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
	Chilled Applesauce	Chilled Applesauce	Seasonal Fresh Fruit	Chilled Pears	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.



