

What's on the Menu?

Rochester Community Schools

Middle School Menu

March 20-24, 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				
	Sloppy Joe on a WG Bun	Beef or Turkey WG Soft Taco or Nacho Queso Blanco Cilantro Brown Rice Vegetarian Refried Beans	Late Night Breakfast	Popcorn Chicken Bowl WG Breadstick	1/2 Day of School
	Potato Smiles	 Fresh Lettuce, Black Olives Fresh Pico De Gallo Fresh Cilantro	Cheesy Scrambled Egg with Tater Tots Bowl	Seasoned Corn	
Seasoned Green Beans		WG Biscuit	Mash Potato w/ Savory Gravy		
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Nashville Chicken Sandwich	Beef Hot Dog WG Bun	Grilled Cheese Sandwich	Chicken Tenders w/Breadstick	
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Southwest Fiestada Pizza	Pepperoni Pizza	
ON THE GO	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli 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	
extra extra	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.				
	Black Bean and Corn Salad	Black Bean and Corn Salad	Romaine and Spinach Salad	Romaine and Spinach Salad	
	Power Peas	Power Peas	Red Pepper Strips	Red Pepper Strips	
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots		
Chilled Applesauce	Chilled Applesauce	Seasonal Fresh Fruit	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.



