

# What's on the Menu?



Rochester Community Schools

High 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
<b>AMERICAN CLASSICS</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Sloppy Joes on a WG Bun  Potato Smiles  Seasoned Green Beans	Beef or Turkey WG Soft Taco or Nacho Queso Blanco  Cilantro Brown Rice Vegetarian Refried Beans  Fresh Lettuce, Black Olives Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast  Cheesy Scrambled Egg with Tater Tots Bowl  WG Biscuit  Homemade Fruit Crisp	Popcorn Chicken Bowl WG Breadstick  Seasoned Corn  Mash Potato w/ Savory Gravy  Fresh Scallions	1/2 Day of School
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Nashville Chicken Sandwich Spicy Chicken WG Bun Baked Potato Wedges	Beef Hot Dog WG Bun Spicy Chicken WG Bun Waffle Fries	Grilled Cheese Sandwich Spicy Chicken WG Bun Tater Tots	Chicken Tenders w/Breadstick Spicy Chicken WG Bun Sweet Potato Tots	
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Southwest Fiestada Pizza	Pepperoni Pizza	
<b>SO DELI</b> <b>ON THE GO</b>	<b>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</b>				
	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 seasonal produce including local items as available.</b>				
	Black Bean and Corn Salad Power Peas Baby Carrots Chilled Applesauce	Black Bean and Corn Salad Power Peas Baby Carrots Chilled Applesauce	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Red Pepper Strips Baby Carrots 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.



