

What's on the Menu?







Rochester Community Schools

Middle School Menu

May 22-26, 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
	Available Daily: Favorite comfort foods and international flavors served your way				
	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	Enriched Rotini Pasta and Meatballs WG Breadstick Seasoned Broccoli Roma Cheese Blend
	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Nashville Chicken Sandwich Baked Potato Wedges	Beef Hot Dog WG Bun Waffle Fries	Grilled Cheese Sandwich Tater Tots	Chicken Tenders w/Breadstick Sweet Potato Tots	Blackbean Burger Baked Potato Wedges
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Southwest Fiestada Pizza	Pepperoni Pizza	Sausage Pizza
	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
	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.				
	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	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 Foodser vice.



