

What's on the Menu?



Rochester Community Schools

High 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
AMERICAN CLASSICS	Available Daily: Favorite comfort foods and international flavors served your way				
	Sloppy Joes on a WG Bun	Beef or Turkey WG Soft Taco or Nacho Queso Blanco	Late Night Breakfast	Popcorn Chicken Bowl WG Breadstick	Enriched Rotini Pasta and Meatballs
	Potato Smiles	Cilantro Brown Rice Vegetarian Refried Beans	Cheesy Scrambled Egg with Tater Tots Bowl	Seasoned Corn	WG Breadstick
Seasoned Green Beans	 Fresh Lettuce, Black Olives Fresh Pico De Gallo Fresh Cilantro	WG Biscuit	Mash Potato w/ Savory Gravy	Seasoned Broccoli	
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Nashville Chicken Sandwich	Beef Hot Dog WG Bun	Grilled Cheese Sandwich	Chicken Tenders w/Breadstick	Blackbean Burger
	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	Sweet Potato Tots	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
SO DELI ON THE GO	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				
	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 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	Romaine and Spinach Salad
	Power Peas	Power Peas	Red Pepper Strips	Red Pepper Strips	Red Pepper Strips
	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
	Chilled Applesauce	Chilled Applesauce	Seasonal Fresh Fruit	Chilled Peaches	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.



