

# What's on the Menu?



Rochester Community Schools

## Middle School Menu

May 29- June 2, 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>create</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	No School	Beef or Taco Turkey WG Soft Taco or Nacho Queso Blanco  Cilantro Brown Rice Vegetarian Refried Beans Cheddar Cheese Shredded Lettuce Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast  WG French Toast w/ Syrup Scrambled Eggs or Turkey Sausage Patty  Tater Tots  Homemade Apple Crisp	Popcorn Chicken Bowl WG Breadstick  Seasoned Corn  Mash Potato w/ Savory Gravy  Fresh Scallions	Enriched Rotini Pasta with Italian Meat Sauce  WG Biscuit  Seasoned Broccoli  Roma Cheese Blend
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
		Chicken Nuggets w/Breadstick  Waffle Fries	Mini Corn Dog Nuggets  Tater Tots	Grilled Cheese Sandwich  Sweet Potato Tots	Cheese Sticks w/ Marinara  Baked Potato Wedges
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
		Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
<b>ON THE GO</b>		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
<b>extra extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.</b>				
		Three Bean Salad Cucumber Coins Baby Carrots Spinach & Chick Peas	Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Power Peas Red Pepper Strips Baby Carrots Chilled Pineapple

**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](http://MyPlate.gov) for online personal wellness resources for you and your family. Make Checks Payable to RCS Foodservice.



