

What's on the Menu?



Rochester Community Schools

High School Menu

June 5-9, 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				
	Sweet and Sour Chicken Asian Rice Seasoned Carrots Fresh Scallions	Taco Turkey WG Soft Taco or Nacho Queso Blanco Cilantro Brown Rice Vegetarian Refried Beans  Fresh Toppings Fresh Pico De Gallo Fresh Cilantro	1/2 Day of School	1/2 Day of School	1/2 Day of School
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Mini Corn Dogs Spicy Chicken WG Bun Wedge Fries	Chicken Nuggets w/Breadstick Spicy Chicken WG Bun Waffle Fries			
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni 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			
extra extra	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items as available.				
	Chick Pea Salad Grape Tomatoes Baby Carrots Chilled Applesauce	Chick Pea Salad Grape Tomatoes Baby Carrots Chilled Applesauce			

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.



