

What's on the Menu?






Rochester Community Schools

Middle School Menu

October 2-6, 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.
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 employer.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	Available Daily: Favorite creations your way				
	General Tso WG Chicken Asian Brown Rice Seasoned Peas Fresh Scallions	Taco Tuesday Turkey WG Soft Taco or Nacho Queso Blanco Cilantro Brown Rice Vegetarian Refried Beans Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast WG Waffles w/ Syrup Fluffy Eggs and/ or Turkey Sausage Tater Hash Browns Warm Cinnamon Apples	Popcorn Chicken Bowl WG Breadstick Mash Potato w/ Savory Gravy Seasoned Corn	No School
	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	All Beef Hot Dog WG Bun Potato Wedges	Chicken Nuggets w/Breadstick Waffle Fries	Mini Corn Dog Nuggets Tater Tots	Grilled Cheese Sandwich Crinkle Cut Fries	
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	
	Available Daily: Made fresh and ready to grab and go.				
	Deli Turkey Sandwich Fruit and Yogurt Parfait with Homemade Granola	Deli Turkey Sandwich Fruit and Yogurt Parfait with Homemade Granola	Deli Turkey Sandwich Fruit and Yogurt Parfait with Homemade Granola	Deli Turkey Sandwich Fruit and Yogurt Parfait with Homemade Granola	
	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items.				
	Citrus Kidney Bean Salad Grape Tomatoes Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad Grape Tomatoes Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad Celery Sticks Baby Carrots Seasonal Fresh Fruit	Tomato and Cucumber Salad Celery Sticks Baby Carrots Chilled Pears	



Questions? Food Service Office 248-726-4618

Food Service Director Marsha Dziewit

Assistant Directors Tamara Brazelton and Marci Flaherty

*Make Checks Payable to RCS Foodservice.



