

What's on the Menu?




Rochester Community Schools

Middle School Menu

November 20-24, 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
create	Available Daily: Favorite comfort foods and international flavors served your way				
	Taco Turkey or Beef WG Soft Taco or Nacho Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	Thanksgiving Feast  Creamy Diced Chicken with Gravy and Mash Potatoes Seasoned Corn and Dinner Roll Homemade Pumpkin Bars	No School	No School	No School
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Mini Corn Dogs Wedge Fries	Chicken Nuggets w/Breadstick Waffle Fries			
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza			
ON THE GO	Available Daily: Made fresh to go				
	Fresh Deli Sandwich	Fresh Deli Sandwich			
	Fruit and Yogurt Parfait with Homemade Granola	Fruit and Yogurt Parfait with Homemade Granola			
extra. extra.	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items				
	Chick Pea Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	Chick Pea Salad Cherry Tomatoes Baby Carrots Chilled Applesauce			

LET'S GET COOKING

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 for a la carte items.

chartwells
serving up happy & healthy

