


What's on the Menu?

Rochester Community Schools

Middle School Menu

November 27- December 1, 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 comfort foods and international flavors served your way				
	Enriched Macaroni and Cheese Bowl	Taco Turkey or Beef WG Soft Tacos or Nachos	Brunch for Lunch WG Waffles w/ Syrup Fluffy Eggs and/ or Turkey Sausage Hash Browns	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick	 Breaded Chicken Parmesan Roasted Red Skin Potatoes Green Beans WG Dinner Roll Roma Cheese Blend
	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	Cheese Sticks w/ Pizza Sauce Potato Wedges
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
	Available Daily: Sandwiches and Salads made fresh to go				
	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich
	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 Celery Sticks Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad Celery Sticks Baby Carrots Seasonal Fresh Fruit	Spinach and Cranberry Salad Cucumber Coins Baby Carrots Chilled Pears	Spinach and Cranberry Salad Cucumber Coins Baby Carrots Chilled Pears

Questions? Food Service Office 248-726-4618

Food Service Director Marsha Dziewit

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*Make Checks Payable to RCS Foodservice.



