

# What's on the Menu?

Rochester Community Schools

## High 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   |
|--|---|---|--|--|--|
| <b>AMERICAN CLASSICS</b>   | <b>Available Daily: Favorite comfort foods and international flavors served your way</b>  |   |  |  |  |
|  | <br>Enriched Macaroni and Cheese Bowl<br>BBQ or Buffalo Diced Chicken<br>WG Soft Pretzel Fresh Toppings<br>Seasoned Broccoli Fresh Parsley | Taco Turkey or Beef<br>WG Soft Tacos or Nachos<br>Queso Blanco, Beans Cilantro Brown Rice<br><br>Fresh Pico De Gallo<br>Fresh Cilantro | Brunch for Lunch<br>WG Waffles w/ Syrup Fluffy Eggs and/ or Turkey Sausage Hash Browns<br><br>Warm Cinnamon Apples | Popcorn Chicken Bowl<br>Mash Potato w/ Savory Gravy<br>WG Breadstick<br>Seasoned Corn Shredded Cheddar<br>Green Onions | <br>Breaded Chicken Parmesan<br>Roasted Red Skin Potatoes<br>Green Beans<br>WG Dinner Roll<br>Roma Cheese Blend |
| <b>grilled</b>   | <b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>   |   |  |  |  |
|  | All Beef Hot Dog<br>WG Bun<br>Potato Wedges   | Chicken Nuggets w/Breadstick<br>Waffle Fries  | Mini Corn Dog Nuggets<br>Tater Tots  | Grilled Cheese Sandwich<br>Crinkle Cut Fries   | Cheese Sticks w/ Pizza Sauce<br>Potato Wedges  |
|  | <b>Available Daily: Classic Whole Grain Cheese Pizza</b>  |   |  |  |  |
|  | Bosco Sticks w/ Pizza Dipping Sauce   | Pepperoni Pizza   | Bosco Sticks w/ Pizza Dipping Sauce  | Pepperoni Pizza  | Buffalo Chicken Pizza  |
| <b>SO DELI ON THE GO</b>   | <b>Available Daily: Sandwiches and Salads made fresh to go</b>  |   |  |  |  |
|  | <b>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</b>             |   |  |  |  |
|  | Fruit and Yogurt Parfait with Homemade Granola  | Fruit and Yogurt Parfait with Homemade Granola  | Fruit and Yogurt Parfait with Homemade Granola   | Fruit and Yogurt Parfait with Homemade Granola   | Fruit and Yogurt Parfait with Homemade Granola   |
| <b>extra. extra</b>  | <b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</b>  |   |  |  |  |
|  | Citrus Kidney Bean Salad<br>Grape Tomatoes<br>Baby Carrots<br>Chilled Applesauce  | Citrus Kidney Bean Salad<br>Celery Sticks<br>Baby Carrots<br>Chilled Applesauce   | Citrus Kidney Bean Salad<br>Celery Sticks<br>Baby Carrots<br>Seasonal Fresh Fruit  | Spinach and Cranberry Salad<br>Cucumber Coins<br>Baby Carrots<br>Chilled Pears   | Spinach and Cranberry Salad<br>Cucumber Coins<br>Baby Carrots<br>Chilled Pears   |

**Questions?** Food Service Office 248-726-4618

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\*Make Checks Payable to RCS Foodservice.



