

What's on the Menu?








Rochester Community Schools

Middle School Menu

December 11-15, 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				
	Pulled Chicken Tikka Masala Brown Rice Seasoned Peas WG Dinner Roll  Fresh Cilantro	Taco Turkey WG Soft Taco or Nachos Queso Blanco Black Beans Cilantro Brown Rice Fresh Toppings Fresh Pico De Gallo Fresh Cilantro	Brunch for Lunch  WG French Toast w/ Syrup Scrambled Eggs or Turkey Sausage Patty and Tater Tots Homemade Apple Crisp	Popcorn Chicken Bowl WG Breadstick Seasoned Corn Mash Potato w/ Savory Gravy Fresh Scallions	 Enriched Rotini Pasta with Alfredo and Diced Chicken Green Beans WG Breadstick Roma Cheese Blend
	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Pizza Crunchers Potato Wedges	Boneless Chicken Wings w/Pretzel Waffle Fries	Mini Corn Dog Nuggets Tater Tots	Grilled Cheese Sandwich Sweet Potato Tots	Cheese Sticks w/ Marinara Potato Wedges
	Available Daily: Classic Whole Grain Cheese Pizza				
	Pepperoni Pizza	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
	Available Daily: Made fresh and ready to grab and go.				
	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
	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
	Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges and seasonal produce including local items				
	Three Bean Salad Cucumber Coins Baby Carrots Chilled Mixed Fruit	Three Bean Salad Cucumber Coins Baby Carrots Chilled Mixed Fruit	Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Power Peas Red Pepper Strips Baby Carrots Chilled Pineapple



Questions? Food Service Office 248-726-4618
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Assistant Directors Tamara Brazelton and Marci Flaherty
*Make Checks Payable to RCS Foodservice.



