

# What's on the Menu?




Rochester Community Schools

## Middle School Menu

December 18-22, 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>create</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Sweet and Sour Chicken	Taco Turkey WG Soft Taco or Nacho	Brunch for Lunch  WG Pancake w/ Syrup Scrambled Eggs or Turkey Sausage Hash Brown	Popcorn Chicken Bowl WG Breadstick	Baked Ziti Pasta Penne Pasta with layers of Ricotta, Mozzarella and Red Sauce
	Asian Rice Seasoned Carrots	Queso Blanco, Beans Cilantro Brown Rice 	Homemade Blueberry Crisp	Seasoned Corn  Mash Potato w/ Savory Gravy	Roasted Broccoli Garlic WG Breadstick
	Fresh Scallions	Fresh Pico De Gallo Fresh Cilantro		Fresh Scallions	Chopped Parsley
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Mini Corn Dogs Wedge Fries	Chicken Nuggets w/Breadstick Waffle Fries	Grilled Cheese Sandwich Tater Tots	Chicken Tenders w/Breadstick Sweet Potato Tots	Nashville Chicken Straight Fries
	<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	Sausage Pizza
<b>ONE GO</b>	<b>Available Daily: Made fresh to go</b>				
	Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey 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
<b>extra. extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</b>				
	Chick Pea Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	Chick Pea Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	Romaine and Spinach Salad Chick Pea Salad Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Celery Sticks Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Celery Sticks Baby Carrots Chilled Mixed Fruit



**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.



