

# What's on the Menu?




Rochester Community Schools

High 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>AMERICAN CLASSICS</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Curry Chicken Spinach and Chickpeas Tomato Chutney Basmati Rice   Mini Flatbread Fresh Cilantro	Taco Turkey or Beef WG Soft Taco or Nacho  Queso Blanco, Beans Cilantro Brown Rice   Fresh Pico De Gallo Fresh Cilantro	Brunch for Lunch  WG Pancake w/ Syrup Scrambled Eggs or Turkey Sausage Hash Brown  Homemade Blueberry Crisp	Popcorn Chicken Bowl WG Breadstick  Seasoned Corn  Mash Potato w/ Savory Gravy  Fresh Scallions	Baked Ziti Pasta Penne Pasta with layers of Ricotta, Mozzarella and Red Sauce  Roasted Broccoli Garlic WG Breadstick  Chopped Parsley
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Mini Corn Dogs  Wedge Fries	Chicken Wings w/Soft WG Pretzel  Waffle Fries	Pizza Crunchers  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	Buffalo Chicken Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
<b>SO DELI ON THE GO</b>	<b>Available Daily: 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>				
	Red and Green Peppers  Cherry Tomatoes  Baby Carrots  Chilled Applesauce	Red and Green Peppers  Cherry Tomatoes  Baby Carrots  Chilled Applesauce	Romaine and Spinach Salad  Cherry Tomatoes  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.



