

What's on the Menu?



Rochester Community Schools

Middle School Menu

January 15-19, 2024

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
create	Available Daily: Favorite creations your way				
	No School Martin Luther King Jr	Taco Turkey or Beef WG Soft Tacos or Nachos Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	1/2 Day of School	1/2 Day of School	1/2 Day of School
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
		Nashville Chicken Waffle Fries			
	Available Daily: Classic Whole Grain Cheese Pizza				
		Pepperoni Pizza			
ON THE GO		Deli Sandwich			
		Fruit and Yogurt Parfait with Homemade Granola			
extra. extra	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items				
		Cucumber Coins Red Pepper Strips Baby Carrots Chilled Applesauce			

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.



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serving up happy & healthy

