

# What's on the Menu?



Rochester Community Schools

## High 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
<b>AMERICAN CLASSICS</b>	<b>Available Daily: Favorite creations your way</b>				
	No School Martin Luther King Jr	Taco Turkey 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
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
		Nashville Chicken  Waffle Fries			
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
		Pepperoni Pizza			
<b>SO DELI ON THE 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			
<b>extra. extra.</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</b>				
		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.



**chartwells**  
serving up happy & healthy

