

# What's on the Menu?

Rochester Community Schools

## High School Menu

February 5-9, 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 comfort foods and international flavors served your way</b>				
	 Enriched Macaroni and Cheese Bowl BBQ or Buffalo Diced Chicken WG Soft Pretzel Fresh Toppings Seasoned Broccoli Fresh Parsley	Taco Turkey or Beef WG Soft Tacos or Nachos Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	Brunch for Lunch WG Waffles w/ Syrup Fluffy Eggs and/ or Turkey Sausage Hash Browns  Warm Cinnamon Apples	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick Seasoned Corn Shredded Cheddar Green Onions	 Breaded Chicken Parmesan Roasted Red Skin Potatoes Green Beans WG Dinner Roll Roma Cheese Blend
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	All Beef Hot Dog WG Bun Potato Wedges	Chicken Nuggets w/Breadstick Waffle Fries	Mini Corn Dog Nuggets Tater Tots	Grilled Cheese Sandwich Crinkle Cut Fries	Cheese Sticks w/ Pizza Sauce Potato Wedges
	<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	Buffalo Chicken Pizza
<b>SO DELI ON THE GO</b>	<b>Available Daily: Sandwiches and Salads 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>				
	Citrus Kidney Bean Salad Grape Tomatoes Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad Celery Sticks Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad Celery Sticks Baby Carrots Seasonal Fresh Fruit	Spinach and Cranberry Salad Cucumber Coins Baby Carrots Chilled Pears	Spinach and Cranberry Salad Cucumber Coins Baby Carrots Chilled Pears



**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.



