

What's on the Menu?

Rochester Community Schools

High School Menu

February 5-9, 2024

Allergy Alert: New Manufacturer
Hamburger Buns,
Hot Dog Buns, Sliced
Bread and Hoagie
Rolls CONTAIN
WHEAT, SOY AND
SESAME

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
	Available Daily: Favorite comfort foods and international flavors served your way				
	 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
	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	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
	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Buffalo Chicken Pizza
	Available Daily: Sandwiches and Salads made fresh to go				
	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				
	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
	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items				
	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

**SMART
SNACKING**

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

