

# What's on the Menu?

Rochester Community Schools

## Middle 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
	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Enriched Macaroni and Cheese Bowl  WG Chicken Leg WG Soft Pretzel 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>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	Sausage Pizza
	<b>Available Daily: Sandwiches and Salads made fresh to go</b>				
	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli 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
	<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  
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Assistant Directors Tamara Brazelton and Marci Flaherty  
\*Make Checks Payable to RCS Foodservice.



