

What's on the Menu?

Rochester Community Schools

Middle School Menu

February 12-16, 2024

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

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	<i>Available Daily: Favorite creations your way</i>				
	Pulled Chicken Tikka Masala Mango Chutney  Brown Rice Seasoned Peas WG Dinner Roll Fresh Cilantro	Taco Turkey WG Soft Tacos or Nachos Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	 Individual Heart Shaped Pizza Cheese or Pepperoni Potato Smiles	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick Seasoned Corn Shredded Cheddar Green Onions	Enriched Rotini Pasta and Meatballs WG Breadstick Seasoned Broccoli Roma Cheese Blend
grilled	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
	Nashville Chicken Wedge Fries	Beef Hot Dog Waffle Fries	Boneless Chicken Wings w/ Pretzel Tater Tots	Chicken Tenders w/ Breadstick Sweet Potato Tots	Cheese Sticks w/ Marinara Potato Wedges
	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Individual Heart Shaped Pizza	Pepperoni Pizza	Sausage Pizza
ON THE GO	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	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
extra. extra	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</i>				
	Corn and Black Bean Salad Cucumber Coins Baby Carrots Chilled Applesauce	Corn and Black Bean Salad Cucumber Coins Baby Carrots Chilled Applesauce	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Fresh Fruit Salad	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Power Peas Red Pepper Strips Baby Carrots Chilled Pineapple

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.

SMART SNACKING



chartwells
serving up happy & healthy