





What's on the Menu?

Rochester Community Schools
Middle School Menu
February 26- March 1, 2024

Allergy Alert: New Manufacturer Hamburger Buns, Hot Dog Buns, Sliced Bread and Hoogie 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
create	<i>Available Daily: Favorite comfort foods and international flavors served your way</i>				
	Curry Chicken Basmati Rice Seasoned Peas  Mini Flatbread Fresh Cilantro	No School	Brunch for Lunch  WG Pancake w/ Syrup Scrambled Eggs or Turkey Sausage Hash Brown Homemade Blueberry Crisp	Popcorn Chicken Bowl WG Breadstick Seasoned Corn Mash Potato w/ Savory Gravy Fresh Scallions	Orange Chicken Chicken & Vegetable Dumplings  Asian Rice Seasoned Carrots Fresh Scallions
grilled	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
	Mini Corn Dogs Wedge Fries		Pizza Crunchers Tater Tots	Chicken Tenders w/Breadstick Sweet Potato Tots	Nashville Chicken Straight Fries
	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce		Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
ONE GO	<i>Available Daily: Made fresh to go</i>				
	Deli Turkey Sandwich		Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey 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
extra. extra	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</i>				
	Chick Pea Salad Cherry Tomatoes Baby Carrots Chilled Applesauce		Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Celery Sticks Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Celery Sticks Baby Carrots Chilled Mixed Fruit

Questions? Food Service Office 248-726-4618

Food Service Director Marsha Dzewit

Assistant Directors Tamara Brazelton and Marci Flaherty

*Make Checks Payable to RCS Foodservice for a la carte items.



