





# What's on the Menu?

Rochester Community Schools  
**High School Menu**  
 February 26- March 1, 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>AMERICAN CLASSICS</b>	<i>Available Daily: Favorite comfort foods and international flavors served your way</i>				
	<b>Curry Chicken</b> Spinach and Chickpeas Tomato Chutney Basmati Rice  Mini Flatbread Fresh Cilantro	<b>No School</b>	<b>Brunch for Lunch</b>  WG Pancake w/ Syrup Scrambled Eggs or Turkey Sausage Hash Brown  Homemade Blueberry Crisp	<b>Popcorn Chicken Bowl</b> WG Breadstick Seasoned Corn  Mash Potato w/ Savory Gravy Fresh Scallions	<b>Orange Chicken</b> Chicken & Vegetable Dumplings  Asian Rice Seasoned Carrots Fresh Scallions
<b>grilled</b>	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
	Chicken Wings w/Soft WG Pretzel 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	Buffalo Chicken Pizza
<b>SO DELI ON THE GO</b>	<i>Available Daily: Made fresh to go</i>				
	<i>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</i>				
	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>	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</i>				
	Red and Green Peppers 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 Dziewit

Assistant Directors Tamara Brazelton and Marci Flaherty

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

**SMART SNACKING**



**chartwells**  
 serving up happy & healthy

