


# What's on the Menu?

Rochester Community Schools  
Middle School Menu  
April 1-5, 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>create</b>	<i>Available Daily: Favorite comfort foods and international flavors served your way</i>				
	<b>Curry Chicken</b> Basmati Rice Seasoned Peas  Mini Flatbread Fresh Cilantro	Taco Turkey WG Soft Taco or Nacho Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	<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>				
	Mini Corn Dogs Wedge Fries	Chicken Tenders w/Breadstick Waffle Fries	Pizza Crunchers Tater Tots	Beef Hot Dog Sweet Potato Tots	Nashville Chicken Straight Fries
	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
<b>ONE GO</b>	<i>Available Daily: Made fresh to go</i>				
	Deli Turkey Sandwich	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	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>				
	Chick Pea Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	Chick Pea Salad Cherry Tomatoes Baby Carrots Chilled Applesauce	Spicy Cucumber Salad Broccoli Florets 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.



