










What's on the Menu?

Rochester Community Schools
High 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
Create	Available Daily: Favorite comfort foods and international flavors served your way				
	Curry Chicken Spinach and Chickpeas Tomato Chutney Basmati Rice  Mini Flatbread Fresh Cilantro	Taco Turkey or Beef WG Soft Taco or Nacho Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	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	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Chicken Wings w/Soft WG Pretzel Wedge Fries	WG Corn Dog on a Stick Waffle Fries	Chicken Tenders w/Breadstick Tater Tots	Pizza Crunchers Sweet Potato Tots	Nashville Chicken Straight Fries
Garden of Eatin'	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Buffalo Chicken Pizza
On the Border	Available Daily: Made fresh to go				
	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				
	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.	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items				
	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 Chilled Mixed 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.

BE A WASTE WARRIOR

 serving up happy & healthy

