

# What's on the Menu?

Rochester Community Schools

Middle School Menu

April 22-26, 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>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	General Tso WG Chicken  Asian Brown Rice Garlic Soy Green Beans Fresh Green Onion  Fortune Cookie	Taco Turkey WG Soft Taco or Nacho  Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	Brunch for Lunch  WG French Toast w/ Syrup Scrambled Eggs or Turkey Sausage Patty and Tater Tots  Homemade Apple Crisp	Popcorn Chicken Bowl WG Breadstick Seasoned Corn Mash Potato w/ Savory Gravy Cheddar Cheese  Fresh Green Onion	 Cheese Stuffed Shell Pasta Spaghetti Sauce  Seasoned Green Beans WG Dinner Roll Roma Cheese Blend
<b>grilled</b>	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
	Nashville Chicken Sandwich  Potato Wedges	Chicken Boneless Wings w/Soft WG Pretzel  Waffle Fries	Mini Corn Dog Nuggets  Tater Tots	Grilled Cheese Sandwich  Sweet Potato Tots	Black Bean Burger  Potato Wedges
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Buffalo Chicken Pizza
<b>ON THE GO</b>	<b>Available Daily: Made fresh to go</b>				
	Fresh Deli Sandwich  Fruit and Yogurt Parfait with Homemade Granola	Fresh Deli Sandwich  Fruit and Yogurt Parfait with Homemade Granola	Fresh Deli Sandwich  Fruit and Yogurt Parfait with Homemade Granola	Fresh Deli Sandwich  Fruit and Yogurt Parfait with Homemade Granola	Fresh Deli Sandwich  Fruit and Yogurt Parfait with Homemade Granola
<b>extra. extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</b>				
	Three Bean Salad  Cucumber Coins Celery Sticks Chilled Mixed Fruit	Three Bean Salad  Cucumber Coins Celery Sticks Chilled Mixed Fruit	Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Romaine and Spinach Salad 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.



