

What's on the Menu?

Rochester Community Schools
High 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
create	Available Daily: Favorite comfort foods and international flavors served your way				
	 Turkey Barbecue Gochujang Style Lettuce Cups w/ Korean Bibimbap Sauce, Edaname, Green Onions, Cucumber, Carrots, Cilantro and Brown Rice	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 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 Scallions	 Cheese Stuffed Shell Whole Grain Pasta with Spaghetti Sauce Italian Roasted Vegetables WG Dinner Roll Roma Cheese Blend Fresh Basil
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	Nashville Chicken Sandwich Potato Wedges	Chicken Wings w/Soft WG Pretzel Waffle Fries	Mini Corn Dog Nuggets Tater Tots	Grilled Cheese Sandwich Sweet Potato Fries	Nuggets! Chicken or Plant Based w/ Soft Pretzel Potato Wedges
	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 GO	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				
	Three Bean Salad Cucumber Coins Celery Sticks Chilled Mixed Fruit	Three Bean Salad Cucumber Coins Celery Sticks Chilled Mixed Fruit	Romaine and Spinach Salad Grape Tomatoes Baby Carrots Fresh Cut 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
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 Assistant Directors Tamara Brazelton and Marci Flaherty
 *Make Checks Payable to RCS Foodservice.



