

What's on the Menu?

Rochester Community Schools

Middle School Menu

May 13-17, 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	<i>Available Daily: Favorite creations your way</i>				
	Boneless Chicken Wings with Sweet Chili Sauce Vegetable Fried Rice Seasoned Carrots Fortune Cookie	Turkey Taco WG Soft Tacos or Nachos Queso Blanco Seasoned Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro	Brunch for Lunch RUSH HOUR WG Pancakes with Syrup Scrambled Eggs Hash Browns Homemade Fruit Crisp	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick Seasoned Corn Shredded Cheddar Green Onions	No School
grilled	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
	Nashville Chicken Wedge Fries	Beef Hot Dog Waffle Fries	WG Chicken Nuggets and Breadstick Tater Tots	Pizza Crunchers Sweet Potato Fries	
matato	<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	
ON THE GO	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli 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	
extra. extra.	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</i>				
	Corn and Black Bean Salad Cucumber Coins Baby Carrots Chilled Applesauce	Corn and Black Bean Salad Cucumber Coins Baby Carrots Chilled Applesauce	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Fresh Fruit Salad	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.



