

# What's on the Menu?

Rochester Community Schools

High 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
<b>create</b>	<i>Available Daily: Favorite comfort foods and international flavors served your way</i>				
	Boneless Chicken Wings with Sweet Chili Sauce Vegetable Fried Rice Roasted Sesame Carrots  Vegetable Egg Roll Fortune Cookie	Taco Turkey or Beef WG Soft Tacos or Nachos  Queso Blanco, Beans Cilantro Brown Rice  Fresh Toppings Fresh Cilantro	  Brunch for Lunch WG Pancakes w/ Syrup Fluffy Scrambled Eggs Hash Browns Homemade Fruit Crisp	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick  Seasoned Corn Shredded Cheddar Green Onions	<b>No School</b>
<b>grilled</b>	<i>Available Daily: Chicken Sandwiches and Classic Hamburgers</i>				
	All Beef Hot Dog  Potato Wedges	Nashville Chicken  Waffle Fries	Chicken Wings w/ Pretzel  Tater Tots	Spicy Chicken Tenders w/ Breadstick  Sweet Potato Fries	
	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Meatball Pizza	
<b>SO DELI ON THE GO</b>	<i>Available Daily: Sandwiches and Salads made fresh to go</i>				
	<i>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 favorite sandwich</i>				
	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>				
	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  
 Food Service Director Marsha Dziewit  
 Assistant Directors Tamara Brazelton and Marci Flaherty  
 \*Make Checks Payable to RCS Foodservice.



