

What's on the Menu?

Rochester Community Schools
High School Menu
May 20-24, 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 comfort foods and international flavors served your way</i>				
	 Turkey Barbacoa 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	 Enriched Rotini Pasta with Alfredo Diced Chicken Seasoned Broccoli WG Dinner Roll Roma Cheese Blend
grilled	<i>Available Daily: Chicken Sandwiches and Classic Hamburgers</i>				
	Mini Corn Dog Nuggets Potato Wedges	Nashville Chicken Sandwich Waffle Fries	Chicken Wings w/Soft WG Pretzel Tater Tots	Grilled Cheese Sandwich Sweet Potato Fries	Nuggets! Chicken or Plant Based w/ Soft Pretzel Potato Wedges
	<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	Buffalo Chicken Pizza
SO DELI ON THE GO	<i>Available Daily: 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	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>				
	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
Food Service Director Marsha Dziewit

Assistant Directors Tamara Brazelton and Marci Flaherty

*Make Checks Payable to RCS Foodservice.



