

# What's on the Menu?

Rochester Community Schools

Middle School Menu

September 2-6, 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.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	No School	Taco Turkey or Beef WG Soft Tacos or Nachos  Queso Blanco, Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	WG Waffles w/ Syrup Fluffy Eggs and/ or Turkey Sausage Hash Browns  Warm Cinnamon Apples	Popcorn Chicken Bowl Mashed Potato w/ Savory Gravy WG Breadstick  Seasoned Corn Shredded Cheddar  Green Onions	Breaded Chicken Parmesan Roasted Potatoes Green Beans WG Dinner Roll  Roma Cheese Blend
<b>grilled</b>	<b>Available Daily: Chicken Sandwiches and Classic Hamburgers</b>				
		Corn Dog on a Stick  Waffle Fries	Chicken Tenders/ Soft Pretzel  Tater Tots	Grilled Cheese Sandwich  Sweet Potato Fries	Cheese Sticks w/ Pizza Sauce  Potato Wedges
<b>Q-mato</b>	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
		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	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh 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
<b>extra. extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</b>				
		Citrus Kidney Bean Salad  Celery Sticks Baby Carrots Chilled Applesauce	Citrus Kidney Bean Salad  Celery Sticks Baby Carrots Seasonal Fresh Fruit	Spinach and Cranberry Salad  Cucumber Coins Baby Carrots Chilled Pears	Spinach and Cranberry Salad  Cucumber Coins Baby Carrots Chilled Pears

**Questions?** Food Service Office 248-726-4602  
Make Checks Payable to RCS Foodservice for a la carte items.  
**This institution is an equal opportunity employer.**



