

What's on the Menu?

Rochester Community Schools

High 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
create	Available Daily: Favorite comfort foods and international flavors served your way				
	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
grilled	Available Daily: Chicken Sandwiches and Classic Hamburgers				
		WG Mozzarella Cheese Sticks Waffle Fries	Chicken Tenders w/ Breadstick Tater Tots	All Beef Hot Dog WG Bun Sweet Potato Fries	Nashville Chicken Sandwich Potato Wedges
gmat	Available Daily: Classic Whole Grain Cheese Pizza				
		Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Buffalo Chicken Pizza
SO DELI 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 favorite 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	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items				
	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.



