

What's on the Menu?

Rochester Community Schools

Middle School Menu

September 9-13, 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				
	Boneless Chicken Wings with Sweet Chili Sauce Vegetable Fried Rice Roasted Carrots Vegetable Egg Roll Fortune Cookie	Taco Turkey WG Soft Tacos or Nachos Queso Blanco Refried 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	Enriched Macaroni and Cheese Breaded Chicken Tenders WG Soft Pretzel Fresh Toppings Seasoned Broccoli Fresh Parsley
grilled	Available Daily: Chicken Patty Sandwiches and Classic Hamburgers				
	All Beef Hot Dog WG Bun Potato Wedges	Chicken Nuggets w/ Pretzel Waffle Fries	Mini Corn Dog Nuggets Tater Tots	Pizza Crunchers Sweet Potato Fries	Chicken Drumstick w/ Breadstick Potato Smiles
Q-mato	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	BBQ Chicken Pizza	Pepperoni Pizza
ON THE GO	Available Daily: Made fresh to go				
	Turkey Ham and Cheese Deli Sandwich Blueberry Yogurt Parfait with Homemade Granola	Turkey Ham and Cheese Deli Sandwich Blueberry Yogurt Parfait with Homemade Granola	Turkey Ham and Cheese Deli Sandwich Blueberry Yogurt Parfait with Homemade Granola	Turkey Ham and Cheese Deli Sandwich Blueberry Yogurt Parfait with Homemade Granola	Turkey Ham and Cheese Deli Sandwich Blueberry Yogurt Parfait with Homemade Granola
extra. extra	Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items				
	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 Celery Sticks Baby Carrots Fresh Fruit Salad	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Power Peas Red Pepper Strips Baby Carrots Chilled Pineapple



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.



