

What's on the Menu?

Rochester Community Schools

Middle School Menu

October 28- November 1, 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 | <i>Available Daily: Favorite comfort foods and international flavors served your way</i> | | | | |
| | Soba Noodle Bowl Diced Chicken Sweet and Sour Sauce with Green Peppers Onions and Carrots Seasoned Broccoli Green Onion Garnish | Taco Tuesday Seasoned Ground Turkey WG Soft Taco or Nacho Queso Blanco Refried Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro | Breakfast for Lunch WG Waffles w/ Syrup Fluffy Eggs and/ or Chicken Sausage Tater Tots 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 | <i>Available Daily: Chicken Sandwiches and Classic Hamburgers</i> | | | | |
| | Cheese Sticks w/ Pizza Sauce Potato Wedges | Corn Dog on a Stick Waffle Fries | Chicken Tenders/ Soft Pretzel Tater Tots | Grilled Cheese Sandwich Sweet Potato Fries | Chicken Nuggets/ WG Breadstick Potato Wedges |
| g.mato | <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 |
| ON THE GO | <i>Available Daily: Made fresh to go</i> | | | | |
| | Deli Turkey Sandwich | Deli Turkey Sandwich | Deli Turkey Sandwich | Deli Turkey Sandwich | Deli Turkey Sandwich |
| | Orange Crush Yogurt Parfait with Homemade Granola | Orange Crush Yogurt Parfait with Homemade Granola | Orange Crush Yogurt Parfait with Homemade Granola | Orange Crush Yogurt Parfait with Homemade Granola | Orange Crush Yogurt Parfait with Homemade Granola |
| extra. extra | <i>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</i> | | | | |
| | Citrus Kidney Bean Salad Celery Sticks Grape Tomatoes Chilled Applesauce | Citrus Kidney Bean Salad Celery Sticks Grape Tomatoes Chilled Applesauce | Sweet and Tangy Broccoli Salad Red Pepper Radish Seasonal Fresh Fruit | Spinach and Cranberry Salad Cucumber Coins Power Peas Chilled Pears | Spinach and Cranberry Salad Cucumber Coins Power Peas 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.



