

# What's on the Menu?

Rochester Community Schools

High 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
<b>create</b>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	<b>Soba Noodle Bowl</b> Diced Chicken Sweet and Sour Sauce with Green Peppers Onions and Carrots Seasoned Broccoli  Green Onion Garnish	<b>Taco Tuesday</b> Seasoned Turkey or Beef WG Soft Tacos or Nachos Queso Blanco Refried Beans Cilantro Brown Rice  Fresh Pico De Gallo Fresh Cilantro	<b>Breakfast for Lunch</b> WG Waffles w/ Syrup Fluffy Eggs and/ or Chicken Sausage Hash Browns  Warm Cinnamon Apples	<b>Popcorn Chicken Bowl</b> Mashed Potato w/ Savory Gravy WG Breadstick  Seasoned Corn Shredded Cheddar  Green Onion Garnish	<b>Breaded Chicken Parmesan</b> Roasted Potatoes Seasoned Green Beans WG Dinner Roll  Roma Cheese Blend
<b>grilled</b>	<b>Available Daily: Chicken Sandwiches and Classic Hamburgers</b>				
	WG Mozzarella Cheese Sticks w/ Pizza Sauce  Potato Wedges	Corn Dog on a Stick  Waffle Fries	Chicken Tenders w/ Soft Pretzel  Tater Tots	Beef Meatball Sub  Sweet Potato Fries	Beef Hotdog  Potato Wedges
<b>gmat</b>	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Buffalo Chicken Pizza
<b>SO DELI ON THE GO</b>	<b>Available Daily: Made fresh to go</b>				
	<b>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</b>				
<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 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.**



