

What's on the Menu?

Rochester Community Schools

Middle School Menu

November 4-8, 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>				
	No School	No School	Brunch for Lunch WG Pancakes w/ Syrup Fluffy Scrambled Eggs Hash Browns Homemade Peach Crisp	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick Seasoned Corn Shredded Cheddar Green Onions	Enriched Macaroni and Cheese Bowl Breaded Drumstick WG Soft Pretzel Fresh Toppings Seasoned Broccoli Fresh Parsley
grilled	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
			ChickenTenders w/ Breadstick Tater Tots	Pizza Crunchers Sweet Potato Fries	Mini Corn Dog Nuggets Potato Smiles
Q.mato	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
			Bosco Sticks w/ Pizza Dipping Sauce	BBQ Chicken Pizza	Pepperoni Pizza
ON THE GO	<i>Available Daily: Made fresh to go</i>				
			Turkey Ham and Cheese Deli Sandwich	Turkey Ham and Cheese Deli Sandwich	Turkey Ham and Cheese Deli Sandwich
			Blueberry Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola
extra. extra	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges and baby carrots</i>				
			Chilled Chick Peas Celery Sticks Cucumber Coins Fresh Fruit Salad	Romaine and Spinach Salad Red Pepper Strips Cucumber Coins Chilled Pineapple	Power Peas Red Pepper Strips Fresh Cauliflower Chilled Pineapple

LET'S GET
COOKING

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.

chartwells
serving up happy & healthy

