

What's on the Menu?

Rochester Community Schools
Middle School Menu
December 16-20, 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				
	Curry Chicken Brown Rice Seasoned Peas  Mini Flatbread Fresh Cilantro	Taco Tuesday Seasoned Turkey WG Soft Taco or Nacho Queso Blanco Refried Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro	Breakfast for Lunch WG Pancake w/ Syrup Scrambled Eggs or Chicken Sausage Hash Brown Homemade Blueberry Crisp	Popcorn Chicken Bowl WG Breadstick Mash Potato w/ Savory Gravy Seasoned Corn Fresh Scallions Shredded Cheddar	Enriched Macaroni and Cheese Bowl Breaded Drumstick WG Soft Pretzel Fresh Toppings Seasoned Broccoli Fresh Parsley
grilled	Available Daily: Chicken Sandwiches and Classic Hamburgers				
	WG Corn Dog on a Stick Wedge Fries	Grilled Cheese Sandwich Waffle Fries	Chicken Tenders w/Breadstick Tater Tots	Pizza Crunchers Sweet Potato Fries	Spicy Chicken Sandwich Wedge Fries
g.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				
	Deli Turkey Sandwich Strawberry Fruit and Yogurt Parfait with Homemade Granola	Deli Turkey Sandwich Strawberry Fruit and Yogurt Parfait with Homemade Granola	Deli Turkey Sandwich Strawberry Fruit and Yogurt Parfait with Homemade Granola	Deli Turkey Sandwich Strawberry Fruit and Yogurt Parfait with Homemade Granola	Deli Turkey Sandwich Strawberry Fruit and Yogurt Parfait with Homemade Granola
extra. extra.	Available Daily: Cold fruit and vegetable bar, featuring apples, oranges, baby carrots and daily features				
	Chick Pea Salad Grape Tomatoes Power Peas Chilled Pears with Cinnamon	Chick Pea Salad Grape Tomatoes Power Peas Chilled Pears with Cinnamon	Romaine, Spinach and Strawberry Salad Broccoli Florets Red Pepper Strips Seasonal Fresh Fruit	Romaine, Spinach and Strawberry Salad Cucumber Coins Red Pepper Strips Chilled Mandarin Oranges	Jicama Sticks Cucumber Coins Celery Sticks Chilled Mandarin Oranges

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.



