

What's on the Menu?



Rochester Community Schools

High School Menu

January 13-17, 2025

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>				
	Orange Chicken Brown Rice Bowl Chicken and Vegetable Dumplings Garlic Soy Green Beans Green Onion Garnish 	Taco Tuesday Turkey or Beef WG Soft Tacos or Nachos Queso Blanco Refried Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro 	1/2 Day of School	1/2 Day of School	1/2 Day of School
grilled	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
	Chicken Tender w/ Breadstick Potato Wedges	All Beef Hot Dog WG Bun Waffle Fries			
Q-mato	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza			
SO DELI ON THE GO	<i>Available Daily: Sandwiches and Salads made fresh to go</i>				
	Tuna Salad	Tuna Salad			
	Spicy Breaded Chicken Wrap Vanilla Yogurt Parfait Blueberries and Homemade Granola	Spicy Breaded Chicken Wrap Vanilla Yogurt Parfait Blueberries and Homemade Granola			
extra. extra	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges and baby carrots</i>				
	Sesame Broccoli Salad Cucumber Coins Grape Tomato Chilled Mandarin Oranges	Sesame Broccoli Salad Cucumber Coins Grape Tomato 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.



