

What's on the Menu?

Rochester Community Schools

Middle School Menu

January 6-10, 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>				
	Sweet and Sour Popcorn Chicken Bowl Popcorn Chicken Sweet and Sour Sauce Brown Rice Green Peppers Onions and Carrots Seasoned Broccoli Green Onion Garnish	Taco Tuesday Seasoned Ground Turkey Whole Grain Soft Taco or Nacho Tortilla Queso Blanco Refried Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro	Breakfast for Lunch Whole Grain Waffles w/ Syrup Fluffy Scrambled Eggs and/ or Chicken Sausage Tater Tots Warm Cinnamon Apples	Popcorn Chicken Bowl Mashed Potato with Savory Gravy Whole Grain Breadstick Seasoned Corn Shredded Cheddar Cheese Green Onions	Breaded Chicken Parmesan Roasted Potatoes Seasoned Green Beans Whole Grain 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	Hummus with Flatbread and Carrots	Deli Turkey Sandwich	Hummus with Flatbread and Carrots	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 Fresh Strawberries	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.



