

# What's on the Menu?

Rochester Community Schools

Middle 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
<b>create</b>	<i>Available Daily: Favorite comfort foods and international flavors served your way</i>				
	<b>Boneless Chicken Wings</b> <b>Sweet Chili Sauce</b> Vegetable Fried Rice Seasoned Carrots Vegetable Egg Roll Fortune Cookie	<b>Taco Tuesday</b> Seasoned Turkey WG Soft Tacos or Nachos Queso Blanco Refried Beans Cilantro Brown Rice Fresh Toppings Fresh Cilantro	1/2 Day	1/2 Day	1/2 Day
<b>grilled</b>	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
	All Beef Hot Dog WG Bun Seasoned Fries	Grilled Cheese Waffle Fries			
<b>Q-mato</b>	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza			
<b>ON THE GO</b>	<i>Available Daily: Made fresh to go</i>				
	Turkey Ham and Cheese Deli Sandwich	Hummus and Flatbread with Fresh Carrots			
	Strawberry Yogurt Parfait with Berries and Homemade Granola	Strawberry Yogurt Parfait with Berries and Homemade Granola			
<b>extra. extra</b>	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges and baby carrots</i>				
	Corn and Black Bean Salad Fresh Blueberries Grape Tomato Chilled Applesauce	Corn and Black Bean Salad Fresh Blueberries Grape Tomato Chilled Applesauce			



**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.



