

What's on the Menu?

Rochester Community Schools

Middle School Menu

February 3-7, 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 Brown Rice Green Peppers Onions and Carrots Seasoned Broccoli Green Onion Garnish	TOT-chos Bowl Turkey Barbacoa Crispy Tater Tots Cheddar Cheese Shredded Romaine Mexican Style Black Beans Soft Tortilla 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	No School	
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		
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		
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		
	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		

SMART SNACKING



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

