

# What's on the Menu?

Rochester Community Schools

Middle School Menu

February 10-14, 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	<b>Brunch for Lunch</b> WG Pancakes w/ Syrup Egg and Cheese Omelet Hash Browns Homemade Peach Crisp	<b>Popcorn Chicken Bowl</b> Mash Potato w/ Savory Gravy WG Breadstick Seasoned Corn Shredded Cheddar Green Onions	<b>Enriched Macaroni and Cheese Bowl</b> Breaded Drumstick WG Soft Pretzel Fresh Toppings Seasoned Broccoli Fresh Parsley
<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	Chicken Tenders w/ Breadstick Tater Tots	Pizza Crunchers Sweet Potato Fries	Mini Corn Dog Nuggets <b>Emoticon Potatoes</b>
<b>g.mato</b>	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				 Heart Shaped Individual Pizza's
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	BBQ Chicken Pizza	
<b>ON THE GO</b>	<i>Available Daily: Made fresh to go</i>				
	Turkey Ham and Cheese Deli Sandwich	Hummus and Tortilla Chips with Fresh Carrots	Turkey Ham and Cheese Deli Sandwich	Hummus and Tortilla Chips with Fresh Carrots	Turkey Ham and Cheese Deli Sandwich
	Strawberry Yogurt Parfait with Berries and Homemade Granola	Strawberry Yogurt Parfait with Berries and Homemade Granola	Strawberry Yogurt Parfait with Berries and Homemade Granola	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 Power Peas Broccoli Florets Chilled Applesauce	Corn and Black Bean Salad Celery Sticks Broccoli Florets Chilled Applesauce	Romaine and Spinach Salad Celery Sticks Cucumber Coins Fresh Fruit Salad	Romaine and Spinach Salad Red Pepper Strips Cucumber Coins Chilled Pineapple	<b>Red Radish</b> <b>Red Pepper Strips</b> <b>Grape Tomato</b> <b>Fresh Strawberries</b>



**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.



