

What's on the Menu?

Rochester Community Schools

Middle School Menu

March 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
create	<i>Available Daily: Favorite comfort foods and international flavors served your way</i>				
	Boneless Chicken Wings Sweet Chili Sauce Vegetable Fried Rice Seasoned Carrots Vegetable Egg Roll Fortune Cookie	Taco Tuesday Seasoned Turkey WG Soft Tacos or Nachos Queso Blanco Refried Beans Cilantro Brown Rice Fresh Toppings Fresh Cilantro	Brunch for Lunch WG Pancakes w/ Syrup Egg and Cheese Omelet Hash Browns Homemade Peach Crisp	Popcorn Chicken Bowl Mash Potato w/ Savory Gravy WG Breadstick Seasoned Corn Shredded Cheddar Green Onions	Enriched Macaroni and Cheese Bowl Breaded Drumstick WG Soft Pretzel Fresh Toppings Roasted Buffalo Cauliflower Fresh Parsley
grilled	<i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>				
	All Beef Hot Dog WG Bun Seasoned Fries	Grilled Cheese Waffle Fries	ChickenTenders w/ Breadstick Tater Tots	Pizza Crunchers Sweet Potato Fries	Mini Corn Dog Nuggets Emoticon Potatoes
matato	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	BBQ Chicken Pizza	Pepperoni Pizza
ON THE GO	<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
extra. extra.	<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	Red Radish Red Pepper Strips Fresh Kiwi Chilled Pineapple



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.



