

# What's on the Menu?

Rochester Community Schools

Middle School Menu

March 17-21, 2025

**Allergy Alert: New Manufacturer**  
Hamburger Buns, Hot Dog Buns, Sliced Bread and Hoagie Rolls

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>General Tso Chicken</b> Brown Rice Seasoned Carrots Green Onion Garnish Fortune Cookie	<b>Taco Turkey</b> Whole Grain Soft Taco or Nacho Queso Blanco Black Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro	<b>Brunch for Lunch</b> Whole Grain French Toast with Syrup Scrambled Eggs and/ or Chicken Sausage Patty Tater Tots Warm Apple Crisp	<b>Popcorn Chicken Bowl</b> Whole Grain Breadstick Mash Potato with Savory Gravy Seasoned Corn Fresh Scallions Shredded Cheddar	<b>Pesto Pasta</b> Alfredo and Pesto covered Penne Pasta with Diced Chicken and Broccoli Florets Whole Grain Dinner Roll Fresh Basil Garnish
<b>grilled</b>	<i>Available Daily: Chicken Sandwiches and Classic Hamburgers</i>				
	Nashville Chicken Sandwich  Potato Wedges	Pizza Crunchers  Waffle Fries	Chicken Boneless Wings w/Soft Pretzel  Tater Tots	Grilled Cheese Sandwich  Sweet Potato Fries	Fish Sandwich  Seasoned Straight Fries
<b>g.mato</b>	<i>Available Daily: Classic Whole Grain Cheese Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	Buffalo Chicken Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce
<b>OHIO</b>	<i>Available Daily: Made fresh to go</i>				
	Deli Turkey Sandwich	Chicken Salad Fun Lunch with Flatbread, Cucumber and Apple Slices	Deli Turkey Sandwich	Chicken Salad Fun Lunch with Flatbread, Cucumber and Apple Slices	Deli Turkey Sandwich
	Strawberry Yogurt Banana Parfait with Homemade Granola	Strawberry Yogurt Banana Parfait with Homemade Granola	Strawberry Yogurt Banana Parfait with Homemade Granola	Strawberry Yogurt Banana Parfait with Homemade Granola	Strawberry Yogurt Banana Parfait with Homemade Granola
<b>extra. extra</b>	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges, celery and baby carrots</i>				
	Power Peas  Red Grapes Red Pepper Strips Diced Pears with Raisins	Romaine and Spinach Salad  Chilled Chick Peas Grape Tomatoes Diced Pears with Raisins	Romaine and Spinach Salad  Chilled Chick Peas Grape Tomatoes Fresh Cut Fruit	Sweet Corn Side Salad  Chilled Chick Peas Cucumber Coins Fresh Blueberries	Sweet Corn Side Salad  Celery Sticks Cucumber Coins Fresh Blueberries

plant power



**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

