

What's on the Menu?




Rochester Community Schools

High School Menu

March 17-21, 2025

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

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>				
	Curry Bowl Diced chicken with Fragrant spices Mini Flatbread Brown Rice Curry Sauce Moroccan Vegetable and Garbanzo Bean Fresh Cilantro	Taco Turkey or Beef Whole Grain Soft Tacos or Nachos Queso Blanco Black Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro 	Brunch for Lunch Whole Grain French Toast with Syrup Scrambled Eggs or Chicken Sausage Patty Tater Tots Warm Apple Crisp 	Popcorn Chicken Bowl Whole Grain Breadstick Mash Potato Savory Gravy Seasoned Corn Fresh Green Onions Shredded Cheddar	Pesto Pasta Alfredo and Pesto covered Penne Pasta with Diced Chicken and Broccoli Florets Whole Grain Dinner Roll Fresh Basil Garnish
grilled	<i>Available Daily: Chicken Sandwiches and Classic Hamburgers</i>				
	Bacon Cheeseburger Potato Smiles	Nashville Chicken Sandwich Curly Fries	Spicy Tenders w/ Whole Grain Breadstick Tater Tots	Grilled Cheese Sandwich Sweet Potato Fries	Chicken Wings w/Soft WG Pretzel Potato Wedges
	<i>Available Daily: Classic Whole Grain Cheese and Pepperoni Pizza</i>				
	Bosco Sticks w/ Pizza Dipping Sauce	BBQ Chicken Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Buffalo Chicken Pizza	Bosco Sticks w/ Pizza Dipping Sauce
SO DELI ON THE GO	<i>Available Daily: Sandwiches and Salads made fresh to go</i>				
	Hummus	Spicy Tenders	Chicken Salad	Chicken Salad	Egg Salad
	WG Chicken Buffalo Wrap WG Chicken Garden Salad w Pretzel Strawberry Yogurt Parfait WOWButter Sandwich	WG Chicken Buffalo Wrap WG Chicken Garden Salad w Pretzel Strawberry Yogurt Parfait WOWButter Sandwich	WG Chicken Buffalo Wrap Chicken Salad Fun Lunch Strawberry Yogurt Parfait WOWButter Sandwich	WG Chicken Buffalo Wrap Chicken Salad Fun Lunch Strawberry Yogurt Parfait WOWButter Sandwich	WG Chicken Buffalo Wrap Garden Salad w Pretzel Strawberry Yogurt Parfait WOWButter Sandwich
extra. extra.	<i>Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges, celery and baby carrots</i>				
	Three Bean Salad Power Peas Cucumber Coins Red Grapes	Romaine and Spinach Salad Three Bean Salad Cucumber Coins Fresh Blueberries	Romaine and Spinach Salad Chilled Chick Peas Fresh Broccoli Fresh Cut Fruit Salad	Romaine and Spinach Salad Fresh Broccoli Grape Tomatoes Cinnamon Bananas	Romaine and Spinach Salad Green Pepper Strips Grape Tomatoes Dried Cranberries



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.



