

# What's on the Menu?

Rochester Community Schools

## Middle School Menu

April 14-18, 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><br><b>Sweet Chili Sauce</b><br>Vegetable Fried Rice<br>Seasoned Carrots<br>Vegetable Egg Roll | <b>Taco Tuesday</b><br>Seasoned Turkey<br>WG Soft Tacos or Nachos<br>Queso Blanco<br>Refried Beans<br>Cilantro Brown Rice<br>Fresh Toppings<br>Fresh Cilantro | <b>Brunch for Lunch</b><br>WG Pancakes w/ Syrup<br>Egg and Cheese Omelet<br>Hash Browns<br>Homemade Peach Crisp | <b>Popcorn Chicken Bowl</b><br>Mash Potato w/ Savory Gravy<br>WG Breadstick<br>Seasoned Corn<br>Shredded Cheddar<br>Green Onions | <b>No School</b> |  |
| <b>grilled</b>      | <i>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</i>   |   |   |  |                  |  |
|                     | All Beef Hot Dog WG Bun<br>Seasoned Fries   | Grilled Cheese<br>Waffle Fries  | ChickenTenders w/ Breadstick<br>Tater Tots  | Pizza Crunchers<br>Sweet Potato Fries  |                  |  |
| <b>matato</b>       | <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  |                  |  |
| <b>ON THE GO</b>    | <i>Available Daily: Made fresh to go</i>  |   |   |  |                  |  |
|                     | Turkey Ham and Cheese Deli Sandwich   | Chicken Salad Fun Lunch   | Turkey Ham and Cheese Deli Sandwich   | Chicken Salad Fun Lunch  |                  |  |
|                     | Strawberry Yogurt Parfait with Berries and Homemade Granola   | Vanilla Yogurt Parfait with Pineapple and Homemade Granola  | Strawberry Yogurt Parfait with Berries and Homemade Granola   | Vanilla Yogurt Parfait with Pineapple and Homemade Granola   |                  |  |
| <b>extra. extra</b> | <i>Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges, celery and baby carrots</i>              |   |   |  |                  |  |
|                     | White Bean and Tomato Salad<br>Power Peas<br>Broccoli Florets<br>Chilled Applesauce   | White Bean and Tomato Salad<br>Power Peas<br>Broccoli Florets<br>Chilled Applesauce   | Romaine and Spinach Salad<br>Red Pepper Strips<br>Cucumber Coins<br>Fresh Fruit Salad                           | Romaine and Spinach Salad<br>Red Pepper Strips<br>Cucumber Coins<br>Fresh Kiwi   |                  |  |



**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.



