

# What's on the Menu?

Rochester Community Schools

High School Menu

April 28- May 2, 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>	<b>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	Potato and Cheese Pierogi Braised Red Cabbage Pork Sausage Patty Applesauce Sour Cream	Korean Beef Bulgogi Soba Noodle Bowl on top Fresh Spinach Chef Jet Broccoli Sesame Salad Shredded Carrot Garnish	Whole Grain Pancake with Syrup Scrambled Eggs or Chicken Sausage Hash Brown Homemade Cherry Crisp	Popcorn Chicken Bowl Whole Grain Breadstick Mash Potato Savory Gravy Seasoned Corn Fresh Scallions Shredded Cheddar	Zesty Marinara with flavorful Meatballs and Pasta Dinner Roll Roasted Italian Vegetables Roma Cheese Blend
<b>SONO</b> CELEBRATE LATIN	<b>Available Daily: Favorite latin flavors made your way; Whole grain soft tacos or nachos, Queso blanco and Fresh toppings</b>				
	Served Daily Beef Taco Meat 2nd Choice Turkey Taco Meat Black Beans	Served Daily Beef Taco Meat 2nd Choice Seasoned Diced Chicken Refried Beans	Served Daily Beef Taco Meat 2nd Choice Seasoned Diced Chicken Refried Beans	Served Daily Beef Taco Meat 2nd Choice Turkey Taco Meat Cilantro Rice Bowl	Served Daily Beef Taco Meat 2nd Choice Turkey Taco Meat Black Beans
<b>grilled</b>	<b>Available Daily: Chicken (regular or spicy) Sandwiches and Classic burgers (regular or with cheese)</b>				
	Philly Beef and Cheese Sandwich  Potato Wedges	WG Corn Dog on a Stick  Curly Fries	Chicken Tenders with Breadstick  Tater Tots	Pizza Crunchers  Sweet Potato Fries	Tuscan Grilled Chicken Sandwich  Crinkle Cut Fries
<b>gusto</b>	<b>Available Daily: Classic Whole Grain Cheese or Pepperoni Pizza or Whole Grain Bosco Sticks</b>				
	Buffalo Chicken Pizza	Meatball Pizza	Mushroom Pizza	Hawaiian Turkey Ham and Pineapple Flatbread	Roasted Vegetable Pizza
<b>ON THE GO</b>	<b>Available Daily: Prepared deli sandwiches and salads for a fresh and easy grab and go</b>				
	Ham (Pork) Croissant Garden Salad wPopcorn Chicken and Flatbread Turkey American Sub Strawberry Yogurt Parfait	WG Chicken Buffalo Wrap Chicken Salad Croissant Orange Crush Parfait Turkey American Sub WOWButter Sandwich	Ham (Pork) Croissant Garden Salad wPopcorn Chicken and Flatbread Turkey American Sub Strawberry Yogurt Parfait	WG Chicken Buffalo Wrap Chicken Salad Croissant Peach Parfait Turkey American Sub WOWButter Sandwich	Ham (Pork) Croissant Garden Salad wPopcorn Chicken and Flatbread Turkey American Sub Strawberry Yogurt Parfait
<b>extra. extra</b>	<b>Available Daily: Cold fruit and vegetable bar, featuring fresh apples, oranges, celery and baby carrots daily</b>				
	Tangy Broccoli Salad Power Peas Chilled Pears Red Pepper Strips	Tangy Broccoli Salad Power Peas Chilled Pears Red Pepper Strips	Spinach and Romaine Salad Cucumber Coins Chick Pea Salad Seasonal Fruit Salad	Spinach and Romaine Salad Cucumber Coins Chick Pea Salad Seasonal Fruit Salad	Tomato Mozzarella Salad Spinach and Romaine Salad Cauliflower Florets Fresh Kiwi and Strawberries



**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.

