

# What's on the Menu?

Rochester Community Schools

## Middle 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>				
	Pasta Your Way! Cheese Tortellini Pasta with Marinara, Alfredo or Pesto Sauce Roasted Fresh Zucchini Dinner Roll Roma Cheese Blend	Taco Tuesday Seasoned Turkey Whole Grain Soft Tacos or Nachos Queso Blanco Refried Beans Cilantro Brown Rice Fresh Pico De Gallo Fresh Cilantro	Breakfast for Lunch Whole Grain Pancake with Syrup Scrambled Eggs and /or Chicken Sausage Hash Brown Homemade Blueberry Crisp	Popcorn Chicken Bowl Whole Grain Breadstick Mash Potato Savory Gravy Seasoned Corn Fresh Scallions Shredded Cheddar	Enriched Macaroni and Cheese Bowl Breaded Drumstick Whole Grain Soft Pretzel Fresh Toppings Seasoned Broccoli Fresh Parsley
<b>grilled</b>	<b>Available Daily: Chicken Sandwiches and Classic Hamburgers</b>				
	Whole Grain Corn Dog on a Stick Wedge Fries	Grilled Cheese Sandwich Waffle Fries	Chicken Tenders w/Breadstick Tater Tots	Pizza Crunchers Sweet Potato Fries	Spicy Tenders with Soft Pretzel Potato Smiles
<b>2.0 mato</b>	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Bosco Sticks w/ Marinara	Pepperoni Pizza	Bosco Sticks w/ Marinara	BBQ Chicken Pizza	Bosco Sticks w/ Marinara
<b>ON THE GO</b>	<b>Available Daily: Made fresh to go</b>				
	Deli Turkey Sandwich Vanilla Yogurt Parfait with Strawberries and Homemade Granola	Chicken Salad Fun Lunch Vanilla Yogurt Parfait with Orange Crush and Homemade Granola	Deli Turkey Sandwich Vanilla Yogurt Parfait with Strawberries and Homemade Granola	Chicken Salad Fun Lunch Vanilla Yogurt Parfait with Orange Crush and Homemade Granola	Deli Turkey Sandwich Vanilla Yogurt Parfait with Strawberries and Homemade Granola
<b>extra. extra</b>	<b>Available Daily: Cold fruit and vegetable bar; featuring apples, oranges, celery and baby carrots</b>				
	Spinach and Romaine Salad Grape Tomatoes Power Peas Chilled Pears	Chick Pea Salad Grape Tomatoes Power Peas Chilled Pears	Chick Pea Salad Broccoli Florets Red Pepper Strips Seasonal Fresh Fruit	Romaine, Spinach and Strawberry Salad Cucumber Coins Red Pepper Strips Chilled Peaches	Romaine, Spinach and Strawberry Salad Cucumber Coins Fresh Radish Chilled Peaches



**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.**



