

What's on the Menu?

Rochester Community Schools

Middle School Menu

May 5-9, 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
create	Available Daily: Favorite comfort foods and international flavors served your way				
	Sweet and Sour Popcorn Chicken Brown Rice Green Peppers Onions and Carrots Seasoned Broccoli Green Onion Garnish	Taco Tuesday Seasoned Turkey Whole Grain Soft Tacos or Nacho Chips Queso Blanco Refried Beans Cilantro Brown Rice Fresh Toppings Fresh Cilantro	Breakfast for Lunch Whole Grain Waffles with Syrup Fluffy Scrambled Eggs and/ or Chicken Sausage Tater Tots Warm Cinnamon Apples	Popcorn Chicken Bowl Mashed Potato with Savory Gravy Whole Grain Breadstick Seasoned Corn Shredded Cheddar Cheese Green Onions	Rotini Pasta and Meatballs Spaghetti Sauce Roasted Mediterranean Vegetables Roma Cheese Blend Dinner Roll
grilled	Available Daily: Chicken Sandwiches and Classic Hamburgers				
	Cheese Sticks w/ Pizza Sauce Potato Wedges	Corn Dog on a Stick Waffle Fries	Chicken Leg and a Biscuit Tater Tots	Grilled Cheese Sandwich Sweet Potato Fries	Chicken Tenders/ Soft Pretzel Potato Smiles
Q-mato	Available Daily: Classic Whole Grain Cheese Pizza				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Buffalo Pizza	Bosco Sticks w/ Pizza Dipping Sauce
ON THE GO	Available Daily: Made fresh to go				
	Deli Turkey or WoWbutter Sandwich	Turkey Fun Lunch with Flatbread, American Cheese and Apple Slices	Deli Turkey or WoWbutter Sandwich	Turkey Fun Lunch with Flatbread, American Cheese and Apple Slices	Deli Turkey or WoWbutter Sandwich
	Orange Crush Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola	Orange Crush Yogurt Parfait with Homemade Granola	Blueberry Yogurt Parfait with Homemade Granola	Orange Crush Yogurt Parfait with Homemade Granola
extra. extra	Available Daily: Cold fruit and vegetable bar; featuring apples, oranges, celery and baby carrots				
	Citrus Kidney Bean Salad Power Peas Grape Tomatoes Chilled Applesauce	Citrus Kidney Bean Salad Power Peas Grape Tomatoes Chilled Applesauce	Spinach and Romaine Salad Cucumber Coins Fresh Radish Seasonal Fresh Fruit	Spinach and Romaine Salad Cucumber Coins Cauliflower Florets Fresh Strawberries	Spinach and Cranberry Salad Red Pepper Cauliflower Florets 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.

