

# What's on the Menu?






Rochester Community Schools

## Middle School Menu

June 2-6, 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>Available Daily: Favorite comfort foods and international flavors served your way</b>				
	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
	<b>Available Daily: Chicken Sandwiches and Classic Hamburgers</b>				
	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
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Buffalo Pizza	Bosco Sticks w/ Pizza Dipping Sauce
	<b>Available Daily: Made fresh to go</b>				
	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
	<b>Available Daily: Cold fruit and vegetable bar; featuring apples, oranges, celery and baby carrots</b>				
	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.**



