Parents, school nurses and others sometimes request nutritional and ingredient information for school menu items. To assist our families, nutrition information and menu ingredients for school menu items are provided on request. In accordance with the Food Allergen Labeling and Consumer Protection Act, the major allergen ingredients of milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans are supposed to be identified on food labels provided by vendors. At Rochester City School District, we make every effort to purchase items that are not processed in a facility that processes nuts.

The information we provide regarding nutritional values and product ingredients, including major food allergens, are obtained from the vendors/manufacturers of the specific products. However, a number of variables can affect the accuracy of this information, such as changing ingredients or production practices, inaccurate labels, substitutions, and so forth. Therefore, while reasonable efforts have been made, we do not guarantee the accuracy of the nutritional information or ingredient information provided. This information is general only and is not to be considered medical or nutritional advice.

Food and Nutrition Services of the Rochester City School District makes every effort to accommodate the various dietary requirements of our customers and handles food allergies seriously.

Nutrition information is based on the ingredients and cooking instructions as described in each recipe and are by nature based on statistical averages. Actual nutritional value may vary based on methods of preparation, origin and freshness of ingredients, etc.

It is ultimately the responsibility of the customer to judge whether to question ingredients or choose to eat selected foods. If you have any questions about ingredients, please consult a cafeteria manager.

If you have a food allergy, please note that all of our items may come in cross contact with other potential allergens. If you require special assistance, please contact our Registered Dietitian Janine Nicolosi, RDN at 585.336.4103 or janine.nicolosi@rcsdk12.org

Information provided by this Department is not a substitute for the services of a trained health professional. Although we can provide nutritional information for our recipes, no such information should be construed as or understood to be medical advice or care. None of the information provided should be used to diagnose or treat any health problem or disease. Please discuss any concerns with your physician or registered dietitian.