

# ROGERS CITY ELEMENTARY AND MIDDLE SCHOOL SPRING MENU

## OFFERED BREAKFAST ITEMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza, Fruit Frudels, Yogurts, String Cheese, Cinnamon Rice Chex Cereal Cinnamon Applesauce, Orange Smiles Craisins and Milk	Egg, Sausage & Cheese Biscuit, Muffins, Cereal bar Rice Krispies and Apple Jacks Cereal Fresh Fruit Cups, Raisins, Apple Banana and Milk	Banana bread, Scrambled Eggs, Sausage Links, Frosted Flakes Cereal String Cheese, Yogurts Cinnamon Applesauce, Pears Orange Juice and Milk	Bagel with Cream Cheese, Cheese Omelet, Breakfast Oatmeal Rounds, Yogurt Parfaits, Granola Bar, Craisins, Banana, Pear, Apple Juice and Milk	Pancake on a Stick, Cinnamon Bread, Frosted Flakes Cereal, Mini Wheats Cereal, Yogurt, String Cheese, Orange Smiles Strawberry Cup, Pear, Apple Juice and Milk

## OFFERED LUNCH ITEMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Quesadillas, Tossed Salad, Mixed Peppers, Diced Peaches, Mild Salsa, Milk and Ranch Dressing	Chicken Nuggets, Mashed Potatoes, Corn, Applesauce, Raisins, Milk Ranch Dressing & BBQ Sauce	Tacos, Refried Beans, Lettuce, Tomatoes, Mixed Fruit, Apples, Mild Salsa, Milk and Ranch Dressing	Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Milk and Ranch Dressing	Corn Dogs, Tatar Tots, Celery Sticks, Apple Slices, Milk, Ranch Dressing, Ketchup & Mustard
Cheeseburger/ Hamburger, Celery Sticks, Oven Fries, Mixed Fruit, Apples, Milk, Ranch Dressing, Ketchup & Mustard	Chicken Nuggets, Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Milk, Ketchup & BBQ Sauce Cups	Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Orange Smiles, Milk and Ranch Dressing	Nachos, Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Milk & Ranch Dressing	Breakfast for Lunch, (Pancakes, Turkey Sausage, Hash Brown) Banana, Raisins, Milk and Syrup
Chicken Patty Sandwich, Potato Puffs, Lettuce, Tomatoes, Mixed Fruit, Banana, Milk, Ranch Dressing, Ketchup & Mayo	Macaroni & Cheese, Tossed Salad, Green Beans, Apple, Diced Peaches, Garlic Bread, Milk and Ranch Dressing	Pizza Lunchable (Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni), Broccoli, Diced Pears, Milk and Ranch Dressing.	Oven Baked Chicken Drumstick, Sweet Corn, Potato Wedges, Pineapple, Banana, Dinner Roll, Milk and Ranch Dressing	Turkey Sliders on a Pretzel Bun, Sliced Turkey, Cheese, Celery Sticks, Gold Fish Crackers, Orange Smiles, Milk, Ranch Dressing, Mustard & Mayo
Bosco Sticks, Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Milk and Ranch Dressing	Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Milk, Mustard, Ketchup and Ranch Dressing	Fish and Chips (Breaded Whole Grain Pollack & Oven Baked Fries), Cucumber Slices, Sliced Apples, Milk and Ranch Dressing	Ravioli, Dinner Roll, Fresh Broccoli, Fresh Cauliflower, Mixed Fruit, Milk and Ranch Dressing	Pretzel, Cheese, Yogurt, Green beans, Diced Peaches, Banana, Milk and Ranch Dressing

**All meals meet USDA requirements.**

All Lunches Include Choice of Milk:  
- 1% Low Fat white OR flavored

All breads are Whole Grain (excluding hot dog buns).  
Salad Bars offered daily.  
Sack Lunches will be provided on half days. (PB&J, a fruit, a vegetable, crackers and milk).

MARCH 2019				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
SPRING BREAK				
APRIL 2019				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	No school
22	23	24	25	26
29	30			
MAY 2019				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
No school	28	29	30	31
JUNE 2019				
M	T	W	T	F
3	4	5	6	7
10	11	12		
Summer Food Program Begins at the Elementary School				

Elementary Prices:

Breakfast: Free  
Lunch : Free  
Milk or Seconds: \$.50

Middle School Prices:

Breakfast: \$1.30  
Reduced Breakfast: \$.30  
Lunch: \$2.85  
Reduced Lunch: \$.40  
Milk: \$.50

Ala Cart or Smart Snacks = cost varies

Adult Prices:

Adult Breakfast: \$2.30  
Adult Lunch: \$3.85

Food Service Supervisor:  
Jenna Vekaryasz (989)734-9164

Menu is subject to change without notice.

# ROGERS CITY HIGH SCHOOL SPRING MENU

## OFFERED BREAKFAST ITEMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza, Fruit Frudels, Goody Ring, Yogurts, String Cheese, Cinnamon Rice Chex Cereal, Cinnamon Applesauce, Orange Smiles, Craisins and Milk	Egg, Sausage & Cheese Biscuit, Muffins, Cereal, Cinnamon Roll, Rice Krispies and Apple Jacks Cereal, Fresh Fruit Cups, Raisins, Apple, Banana and Milk	Banana Bread, Scrambled Eggs, Sausage Links, Frosted Flakes Cereal, Cereal Bars, String Cheese, Yogurts, Cinnamon Applesauce, Pears, Orange Juice and Milk	Bagel with Cream Cheese, Cheese Omelet, Breakfast Oatmeal Rounds, Chocolate Banana Bars, Parfaits, Granola Bar, Craisins, Banana, Pear, Apple Juice and Milk	Breakfast Bosco Stick, Cinnamon Bread, Cocoa Cherry Bar, Pancake on a Stick, Frosted Flakes and Mini Wheats Cereals, Orange Smiles, Strawberry Cup, Pear, Apple Juice and Milk

OFFERED LUNCH ITEMS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Cheese Quesadillas, Tossed Salad, Mixed Peppers, Mild Salsa, Pineapple, Fresh Fruit, Sour Cream, Milk and Ranch Dressing	Chicken Nuggets, Mashed Potatoes, Corn, Baby Carrots, Applesauce, Fresh Fruit, Milk, Ranch Dressing & BBQ Sauce	Tacos/Nachos, Refried Beans, Lettuce, Tomatoes, Bananas, Apples, Mild Salsa, Milk and Ranch Dressing	Cheese, Pepperoni or 3-Meat Pizza, Tossed Salad, Cucumber Slices, Diced Pears, Fresh Fruit, Milk and Ranch Dressing	Corn Dogs, Tatar Tots, Celery Sticks, Mixed Fruit, Fresh Fruit, Milk, Ranch Dressing, Ketchup & Mustard
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger/Hamburger, Celery Sticks, Oven Fries, Watermelon, Apples, Milk, Ranch Dressing, Ketchup & Mustard	Chicken Tenders, Buttered Noodles, Peas, Carrots, Diced Pears, Oranges, Dinner Roll, Milk, Ketchup & BBQ Sauce	Cheese, Pepperoni or 3-Meat Pizza, Tossed Spinach Salad, Apple, Cucumber Slices, Strawberry Cup, Milk and Ranch Dressing	Nachos/Walking Tacos, Mixed Peppers, Tomatoes, Diced Peaches, Fresh Fruit, Mild Salsa, Sour Cream, Milk & Ranch Dressing	Sandwich Day, Regular or Spicy Chicken Patty, BBQ Rib Sandwich, Grilled Chicken Club, Hamburgers, Carrots, Mixed Fruit and Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty Sandwich, Potato Puffs, Lettuce, Tomatoes, Mixed Fruit, Fresh Fruit, Milk, Ranch Dressing, Ketchup & Mayo	Macaroni & Cheese, Tossed Salad, Green Beans, Apple, Diced Peaches, Bread Stick, Milk and Ranch Dressing	Pizza Calzone/Pizza Bosco, Fresh Broccoli and Cauliflower, Sliced Pears, Milk and Ranch Dressing	Oven Baked Chicken Drumstick, Sweet Corn, Potato Wedges, Pineapple, Apple, Dinner Roll, Milk and Ranch Dressing	Cold Cut Combo Day Ham and Turkey Subs, Club Sliders, Celery Sticks, Orange Smiles, Milk, Ranch Dressing, Mustard and Mayo
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bosco Sticks, Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Fresh Fruit, Milk and Ranch Dressing	Hot Dog on a Bun, Baked Beans, Baby Carrots, Twister Fries, Pineapple, Milk, Mustard, Ketchup and Ranch Dressing	Fish and Chips (Breaded Whole Grain Pollack & Oven Baked Fries), Cucumber Slices, Sliced Apples, Milk, Tartar Sauce and Ranch	Ravioli, Dinner Roll, Fresh Broccoli, Fresh Cauliflower, Strawberry Cup, Milk and Ranch Dressing	Soft Pretzel, Cheese, Yogurt, Green Beans, Diced Peaches, Fresh Fruit, Milk and Ranch Dressing

MARCH 2019				
M	T	W	T	F
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4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
SPRING BREAK				
APRIL 2019				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	No school
22	23	24	25	26
29	30			
MAY 2019				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
No school	28	29	30	31
JUNE 2019				
M	T	W	T	F
3	4	5	6	7
10	11	12		
Summer Food Program Begins at the Elementary School				

High School Prices:  
 Breakfast: \$1.30  
 Reduced Breakfast: \$.30  
 Lunch: \$2.85  
 Reduced Lunch: \$.40  
 Milk: \$.50  
 Ala Cart or Smart Snacks = cost varies

Adult Prices:  
 Adult Breakfast: \$2.30  
 Adult Lunch: \$3.85

**All meals meet USDA requirements.**

All Lunches Include Choice of Milk:  
 - 1% Low Fat white OR flavored

All Breads are Whole Grain (excluding hot dog buns).  
 Salad Bar offered daily.

Food Service Supervisor:  
 Jenna Vekaryasz (989)734-9164

Menu is subject to change without notice.

# ROGERS CITY AREA SCHOOLS

## HEAD START BREAKFAST MENU

Food Service Supervisor: Jenna Vekaryasz (989)734-9164

### MONDAY

Breakfast Pizza  
Yogurt  
String Cheese  
Cinnamon Rice Chex  
Cereal  
Cinnamon Applesauce  
Orange Smiles  
Milk\*

### TUESDAY

Egg, Sausage & Cheese  
Biscuit  
Rice Krispies Cereal  
Fresh Fruit Cup  
Raisins  
Apple or Banana  
Milk\*

### WEDNESDAY

Pancake on a Stick  
Kix Cereal  
String Cheese  
Yogurt  
Apple Slices  
Pears  
Milk\*

### THURSDAY

Bagel with Cream  
Cheese  
Cheese Omelet  
Yogurt  
Raisins  
Diced Peaches  
Milk\*

Menu is subject to change without notice.

#### Per USDA Regulations

- Milk is 1% low fat white or flavored
- All grain is whole-grain

Rogers City Area Schools is an Equal Opportunity Institution.

ROGERS CITY AREA SCHOOLS

**HEAD START SPRING LUNCH MENU**

Food Service Supervisor: Jenna Vekaryasz (989)734-9164

**Cycle Week 1**

**Monday**  
Cheese Quesadillas, Tossed Salad, Mixed Peppers, Celery Sticks, Diced Peaches, Mild Salsa, Milk and Ranch Dressing

**Tuesday**  
Chicken Nuggets, Mashed Potatoes, Corn, Baby Carrots, Applesauce, Raisins, Milk Ranch Dressing & BBQ Sauce

**Wednesday**  
Tacos, Refried Beans, Lettuce, Tomatoes, Apples, Mild Salsa, Milk and Ranch Dressing

**Thursday**  
Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Milk and Ranch Dressing

**Cycle Week 2**

**Monday**  
Cheeseburger/Hamburger, Celery Sticks, Oven Fries, Mixed Fruit, Apples, Milk, Ranch Dressing, Ketchup & Mustard

**Tuesday**  
Chicken Nuggets, Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Milk, Ketchup & BBQ Sauce Cups

**Wednesday**  
Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Mixed Berry Cup, Milk and Ranch Dressing

**Thursday**  
Nachos, Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Milk & Ranch Dressing

**Cycle Week 3**

**Monday**  
Chicken Patty Sandwich, Potato Puffs, Lettuce, Tomatoes, Mixed Fruit, Banana, Milk, Ranch Dressing, Ketchup & Mayo

**Tuesday**  
Macaroni & Cheese, Tossed Salad, Green Beans, Apple, Diced Peaches, Bread Stick, Milk and Ranch Dressing

**Wednesday**  
Pizza Lunchable (Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni), Baby Carrots, Sliced Apples, Milk and Ranch Dressing.

**Thursday**  
Oven Baked Chicken Drumsticks, Sweet Corn, Potato Wedges, Pineapple, Apple, Dinner Roll, Milk and Ranch Dressing

**Cycle Week 4**

**Monday**  
Bosco Sticks, Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Milk and Ranch Dressing

**Tuesday**  
Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Milk and Ranch Dressing

**Wednesday**  
Fish and Chips (Breaded Whole Grain Pollack & Oven Baked Fries), Cucumber Slices, Sliced Apples, Milk and Ranch Dressing

**Thursday**  
Ravioli, Dinner Roll, Fresh Broccoli, Fresh Cauliflower, Sliced Peaches, Bananas, Milk and Ranch Dressing

**MARCH 2019**

M	T	W	T	F
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11	12	13	14	15
18	19	20	21	22
SPRING BREAK				

**APRIL 2019**

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1	2	3	4	5
8	9	10	11	12
15	16	17	18	No school
22	23	24	25	26
29	30			

**MAY 2019**

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20	21	22	23	24
No school	28	29	30	31

**JUNE 2019**

M	T	W	T	F
3	4	5	6	7
10	11	12		
Summer Food Program Begins				

\*Menu is subject to change without notice.

**All meals served meet USDA requirements.**

All Lunches Come with Choice of Milk

- 1% Low Fat white OR flavored

All breads are Whole Grain, excluding the hot dog buns.

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ROGERS CITY AREA SCHOOLS

**ST. IGNATIUS SPRING LUNCH MENU**

Food Service Supervisor: Jenna Vekaryasz (989)734-9164

**Cycle Week 1**

**Monday**

Cheese Quesadillas, Tossed Salad, Mixed Peppers, Diced Peaches, Mild Salsa, Milk and Ranch Dressing

**Tuesday**

Chicken Nuggets, Mashed Potatoes, Baby Carrots, Applesauce, Raisins, Milk Ranch Dressing & BBQ Sauce

**Wednesday**

Tacos, Refried Beans, Lettuce, Tomatoes, Red Grapes, Apples, Mild Salsa, Milk and Ranch Dressing

**Thursday**

Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Peas, Orange Smiles, Milk and Ranch Dressing

**Friday**

Corn Dogs, Tatar Tots, Celery Sticks, Strawberry Cup, Milk, Ranch Dressing, Ketchup & Mustard

**Cycle Week 2**

**Monday**

Cheeseburger/Hamburger, Celery Sticks, Oven Fries, Mixed Fruit, Apples, Milk, Ranch Dressing, Ketchup & Mustard

**Tuesday**

Chicken Rings, Buttered Noodles, Peas, Carrots, Diced Peas, Oranges, Dinner Roll, Milk, Ketchup & BBQ Sauce

**Wednesday**

Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Orange Smiles, Milk and Ranch Dressing

**Thursday**

Nachos, Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Milk & Ranch Dressing

**Friday**

Breakfast for Lunch, (Pancakes, Turkey Sausage, Hash Brown) Banana, Raisins, Milk and Syrup

**Cycle Week 3**

**Monday**

Chicken Patty Sandwich, Potato Puffs, Lettuce, Tomatoes, Mixed Fruit, Banana, Milk, Ranch Dressing, Ketchup & Mayo

**Tuesday**

Macaroni & Cheese, Tossed Salad, Green Beans, Apple, Diced Peaches, Bread Stick, Milk and Ranch Dressing

**Wednesday**

Pizza Lunchable (Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni), Broccoli, Apple Slices, Milk and Ranch Dressing.

**Thursday**

Oven Baked Chicken Drumstick, Sweet Corn, Potato Wedges, Pineapple, Banana, Dinner Roll, Milk and Ranch Dressing

**Friday**

Turkey Sliders on a Pretzel Bun, Sliced Turkey, Cheese, Celery Sticks, Gold Fish Crackers, Orange Smiles, Milk, Ranch Dressing, Mustard & Mayo

**Cycle Week 4**

**Monday**

Bosco Sticks, Marinara Cup, Tossed Salad, Celery Sticks, Fresh Fruit Cup, Raisins, Milk and Ranch Dressing

**Tuesday**

Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Milk, Mustard, Ketchup and Ranch Dressing

**Wednesday**

Fish and Chips (Breaded Whole Grain Pollack & Oven Baked Fries), Cucumber Slices, Sliced Apples, Milk and Ranch Dressing

**Thursday**

Ravioli, Dinner Roll, Fresh Broccoli, Fresh Cauliflower, Mixed Fruit, Milk and Ranch Dressing

**Friday**

Soft Pretzel, Cheese, Yogurt, Green Beans, Diced Peaches, Banana, Milk and Ranch Dressing

\*Menu is subject to change without notice.

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				1
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18	19	20	21	22
SPRING BREAK				

**APRIL 2019**

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1	2	3	4	5
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15	16	17	18	No school
22	23	24	25	26
29	30			

**MAY 2019**

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
No school	28	29	30	31

**JUNE 2019**

M	T	W	T	F
3	4	5	6	7
10	11	12		
Summer Food Program Begins at the Elementary School				

**All meals meet USDA requirements.**

All Lunches Include Choice of Milk:

- 1% Low Fat white OR flavored

All breads are Whole Grain (excluding hot dog buns)

Salad Bar offered daily.

Prices:

Lunch = \$2.35  
 Milk or Seconds = \$.50  
 Reduced: \$.40  
 Adults = \$3.85