# ROGERS CITY AREA SCHOOLS HEAD START BREAKFAST MENU

#### Monday

Breakfast Pizza

Yogurt & String Cheese

Cinnamon Rice Chex Cereal

Cinnamon Applesauce,
Orange Smiles

1% or Skim Milk

#### Tuesday

Egg, Sausage & Cheese Biscuit

Rice Krispies Cereal

Fresh Fruit Cups, Raisins, Apple, Banana

1% or Skim Milk

### Wednesday

Scrambled Eggs, Sausage Links

Kix Cereal

String Cheese, Yogurt

Apple Slices, Pears,

1% or Skim Milk

#### Thursday

Mini Bagel w/ Cream Cheese

Cheese Omelet

Yogurt

Raisins, Diced Peaches

1% or Skim Milk

# ROCERS CITY AREA SCHOOLS HEAD START LUNCH MIENU

Rogers City Area Schools is a equa	al opportunity institution.	Food Service Supervisor: Jenna Vekaryasz (9	89)734-9164	Menu is subject to change without notice.						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY							
Chicken Nuggets	Penne Pasta with Meat Sauce	Tacos	Pepperoni Pizza	М	Т	W	Т	F		
	Out Building Toward Out of	D. Cital Daniel Life and D. Tamatana Bad	••	3	4	5	6	7		
Rice Pilaf, Corn, Baby Carrots, Applesauce, Raisins, Choice of Milk, Ranch	Garlic Bread Stick, Tossed Salad, Diced Peaches, Fresh Fruit, Choice of	Refried Beans, Lettuce & Tomatoes, Red Grapes, Apples, Mild Salsa, Choice of	Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Choice	10	11	12	13	14		
Dressing, BBQ Sauce Cup	Milk, Ranch Dressing	Milk Ranch Dressing	of Milk Ranch Dressing,	17	18	19	20	21		
		ū	C.	24	25	26	27	28		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	31						
Cheeseburger/Hamburger	Chicken Rings	Cheese Pizza	Nachos			lanuar				
Celery Sticks, Oven Fries, Mixed Fruit,	Buttered Noodles, Green Peas, Carrots,	Tossed Spinach Salad, Cucumber Slices,	Mixed Peppers, Tomatoes,	Janu			агу			
Apples, Choice of Milk Ranch Dressing, Ketchup &	Diced Pears, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup	Apple, Strawberry Cup, Choice of Milk.	Diced Peaches, Fresh Pear, Mild Salsa, Choice of Milk,	М	Т	W	Т	F		
Mustard	Retenup & DD& Oddee Oup	Ranch Dressing	Ranch Dressing		1	2	3	4		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	7	8	9	10	11		
Chicken Patty Sandwich	Oven Baked Chicken Drumsticks	Pizza Lunchable	Macaroni & Cheese	14	15	16	17	18		
Potato Puffs, Lettuce & Tomatoes,	Sweet Corn, Potato Wedges	Pita Bread, Pizza Sauce, Mozzarella	Tossed Salad, Green Beans, Apple,	21	22	23	24	25		
Mixed Fruit, Banana, Choice of Milk, Ranch Dressing,	Pineapple , Apple Dinner Roll, Choice of Milk	Cheese, Pepperoni Baby Carrots, Strawberry Cup	Diced Peaches, Garlic Bread , Choice of Milk,	28	29	30	31			
Ketchup & Mayo	Ranch Dressing	Choice of Milk, Ranch Dressing	Ranch Dressing			Februai	v			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	M	т	W	т	F		
Bosco Sticks	Chicken Noodle Soup	Turkey and gravy	Chicken Alfredo					1		
Marinara Cup, Tossed Salad,	Crackers, String Cheese Baby Carrots	Mashed Potatoes, Sweet Corn, Strawberry	Steamed Broccoli Garlic Bread	4	5	6	7	8		
Green Peas, Mixed Berry Cup,	Fresh Fruit Cups, Choice of Milk, Ranch	Cup, Apple,	Mixed Fruit Cup, Choice of Milk,	11	12	13	14	15		
Choice of Milk, Ranch Dressing	Dressing	Dinner Roll, Choice of Milk, Ranch Dressing Ranch Dressing								
Tunon Brosomy				18	19	20	21	22		
				25	26	27	28	_		

# ROGERS CITY AREA SCHOOLS ST. IGNATIUS LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rice Pilaf, Corn, Baby Carrots, Applesauce, Raisins, Choice of Milk, Ranch Dressing & BBQ Sauce Cup  Sauce  Sauce  Sauce  Fruit, Choice of		Penne Pasta with Meat Sauce Garlic Bread Stick, Tossed Salad, Diced Peaches, Fresh Fruit, Choice of Milk, & Ranch Dressing	Tacos  Refried Beans, Lettuce & Tomatoes, Red Grapes, Apples, Mild Salsa, Choice of Milk & Ranch Dressing	Pepperoni Pizza Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Choice of Milk & Ranch Dressing	Hot Dog on a Bun  Baked Beans, Baby Carrots,  Oven Baked Fries, Pineapple,  Choice of Milk, Ranch  Dressing, Ketchup & Mustard
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheeseburger/Hamburger	Chicken Rings	Cheese Pizza	Nachos	Breakfast for Lunch
	Celery Sticks, Oven Fries, Mixed Fruit, Apples, Choice Of Milk, Ranch Dressing, Ketchup & Mustard	Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup	Tossed Spinach Salad, Cucumber Slices, Apple, Strawberry Cup, Choice of Milk & Ranch Dressing	Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Choice of Milk & Ranch Dressing	Pancakes, Scrambled Eggs, Turkey Sausage, Hash Brown, Banana, Raisins, Choice of Milk, & Syrup
	DECAMBANG				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Patty Sandwich  Potato Puffs, Lettuce & Tomatoes, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup & Mayo	Oven Baked Chicken Drumsticks  Sweet Corn, Potato Wedges Pineapple , Apple Dinner Roll, Choice of Milk & Ranch Dressing	Pizza Lunchable  Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni, Baby Carrots, Strawberry Cup, Choice of Milk & Ranch Dressing	THURSDAY  Macaroni & Cheese  Tossed Salad, Green Beans, Apple, Diced Peaches, Garlic Bread, Choice of Milk & Ranch Dressing	FRIDAY  Peanut Butter & Jelly Sandwich  Gold fish Crackers, Baby Carrots, Apple Slices, Choice of Milk & Ranch Dressing
	Chicken Patty Sandwich  Potato Puffs, Lettuce &  Tomatoes, Mixed Fruit,  Banana, Choice of Milk,  Ranch Dressing, Ketchup &	Oven Baked Chicken Drumsticks Sweet Corn, Potato Wedges Pineapple , Apple Dinner Roll, Choice of Milk	Pizza Lunchable  Pita Bread, Pizza Sauce,  Mozzarella Cheese,  Pepperoni, Baby  Carrots, Strawberry  Cup, Choice of Milk &	Macaroni & Cheese  Tossed Salad, Green Beans, Apple, Diced Peaches, Garlic Bread , Choice of Milk	Peanut Butter & Jelly Sandwich Gold fish Crackers, Baby Carrots, Apple Slices, Choice

December								
M	Т	W	Т	F				
3	4	5	6	7				
10	11	12	13	14				
17	18	19	20	21				
24	25	26	27	28				
31								

January								
М	Т	w	Т	F				
	1	2	3	4				
7	8	9	10	11				
14	15	16	17	18				
21	22	23	24	25				
28	29	30	31	11.5				

			Februa	ry		
11.14	М	T	W	Т	F	
					1	
	4	5	6	7	8	
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	11 18	
RC		1	OF LANDS	10 EU	CONTRACTOR OF THE PARTY OF THE	

Meal Prices

Student Lunch: \$2.35, reduced \$.40

Milk Prices: \$0.50

\$0.50 Adult Price: \$3.85
All meals meet USDA nutritional guidelines

Choice of Milk = 1% white or flavored

Rogers City Area Schools is an equal opportunity institution

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

Menu is subject to change without notice

# ROCERS CITY AREA SCHOOLS ELEMENTARY MENU

#### **BREAKFAST MENU**

MONDAY TUES		DAY	WEDNESDAY	THURSADY	FRIDAY					
Breakfast Pizza, Cherry or Apple Yogurt & String Cheese, Cinnamon Rice Chex Cerea Cinnamon Applesauce, Orange Smile And 1% Milk	Muffins, Ce Rice Krispies & App	real Bar lle Jacks Cereal t Cups Cinna	Sausage Links, Frosted Flakes Breakfast Oatmeal Rounds F String Cheese, Yogurt Yogurt Parfaits, Granola Bar		t Breakfast Bosco, Apple Cin Frosted Flakes, Mini V Yogurt String Chee Orange Smiles, Strawberry Cup, I And 1% Milk		Wheats eese Pear, Apple	Juice,		
			LUNCH MENU					1		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			Decemb	er		
Chicken Nuggets	Penne Pasta with Meat Sauce	Tacos	Pepperoni Pizza	Hot Dog on a Bun	M	Т	W			
ice Pilaf, Corn, Baby Carrots,	Garlic Bread Stick, Tossed Salad,	Refried Beans, Lettuce &	Tossed Salad, Cucumber Slices,	Delved Desire Delvi Comete	3	4				
pplesauce, Raisins, Choice of	Diced Peaches, Fresh Fruit,	Tomatoes, Red Grapes,	Diced Pears, Orange Smiles,	Baked Beans, Baby Carrots, Oven Baked Fries, Pineapple,	10	11				
Milk, Ranch Dressing, BBQ Sauce Cup	Choice of Milk, Ranch Dressing	Apples, Mild Salsa, Choice of Milk	Choice of Milk Ranch Dressing	Choice of Milk, Ranch Dressing,	17	18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	24 31	25	26	3 27	2	
Cheeseburger/Hamburger	Chicken Rings	Cheese Pizza	Nachos	Breakfast for Lunch	31					
Celery Sticks, Oven Fries,	Buttered Noodles, Green Peas,	Tossed Spinach Salad,	Mixed Peppers, Tomatoes,	Pancakes, Scrambled Eggs,			Januar	у		
lixed Fruit, Apples, Choice Of	Carrots, Diced Pears, Oranges,	Cucumber Slices, Apple,	Diced Peaches, Fresh Pear,	Turkey Sausage, Hash Brown	M	Т	w	Т	F	
1ilk, Ranch Dressing, Ketchup & Mustard	Choice of Milk, Ketchup & BBQ Sauce Cup	Strawberry Cup, Choice of Milk, Ranch Dressing	Mild Salsa, Choice of Milk, Ranch Dressing	Banana, Raisins, Choice of Milk, Syrup		1	2	3	4	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	7	8	9	10	11	
Chicken Patty Sandwich	Oven Baked Chicken Drumsticks	Pizza Lunchable	Macaroni & Cheese	Peanut Butter & Jelly Sandwich	14	15	16	Sack Lunch	Sack Lu	
Potato Puffs, Lettuce &	Sweet Corn, Potato Wedges	Pita Bread, Pizza Sauce,	Tossed Salad, Green Beans,	Gold fish Crackers, Baby Carrots,	21	22	23	24	25	
Tomatoes, Mixed Fruit, anana, Choice of Milk, Ranch	Pineapple , Apple Dinner Roll, Choice of Milk	Mozzarella Cheese, Pep- peroni	Apple, Diced Peaches, Garlic Bread , Choice of Milk,	Apple Slices, Choice of Milk,	28	29	30	31	1	
Dressing, Ketchup & Mayo	Ranch Dressing	Baby Carrots, Strawberry	Ranch Dressing	Ranch Dressing			Februa	ry		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	M	Т	W	Т	F	
Bosco Sticks	Chicken Noodle Soup	Turkey and gravy	Chicken Alfredo	Pretzel & Cheese					1	
Marinara Cup, Tossed Salad,	Crackers, String Cheese Baby	Mashed Potatoes, Sweet	Steamed Broccoli, Garlic Bread,	Yogurt, Green Beans,	4	5	6	7	8	
reen Peas, Mixed Berry Cup, Choice of Milk,	Carrots Fresh Fruit Cups, Choice of Milk, Ranch Dressing	Corn, Strawberry Cup,	Mixed Fruit Cup, Choice of Milk, Ranch Dressing	Diced Peaches, Banana,	11	12	13	14	Sack Lund	
Ranch Dressing	or wilk, Karich Dressing	Apple, Dinner Roll, Choice of Milk,	ranch pressing	Choice of Milk ,Ranch Dressing	18	19	20	21	22	
		Ranch Dressing			25	26	27	28		

Student's reimbursable Breakfasts and Lunches are FREE!!
All meals meet USDA nutritional guidelines Che

Choice of Milk = 1% white or flavored

Milk Prices: \$0.50

Adult Price: \$2.30-\$3.85

## ROGERS CITY AREA SCHOOLS MIDDLE SCHOOL MENU

#### **BREAKFAST MENU**

Breakfast Pizza, Cherry or Apple Frudel, Egg, Sausage & Yogurt & String Cheese, Muffins, Connamon Rice Chex Cereal Rice Krispies & Aptendamon Applesauce, Orange Smiles, Craisins Fresh Frust		ist Pizza, Cherry or Apple Frudel, Egg, Sausage & Cheese Biscuit, French Toast Sticks, Scrambled Eggs Mini Bagel w/ Cream Chees Yogurt & String Cheese, Muffins, Cereal Bar Sausage Links, Frosted Flakes Breakfast Oatmea innamon Rice Chex Cereal Rice Krispies & Apple Jacks Cereal String Cheese, Yogurt Yogurt Parfaits, Gr. Applesauce, Orange Smiles, Craisins Fresh Fruit Cups Cinnamon Applesauce, Pears, Orange Juice Craisins, Banana, Pear		Mini Bagel w/ Cream Cheese, Cheese Or Breakfast Oatmeal Rounds Yogurt Parfaits, Granola Bar Craisins, Banana, Pear, Apple Juice And 1% Milk	Frosted Flakes, Mini Wheatar Yogurt String Cheese					uice,
			LUNCH MENU							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		3		Decembe	r	
Chicken Nuggets	Penne Pasta with Meat Sauce	Tacos	Pepperoni Pizza	Hot Dog on a Bun		М	Т	w	т	F
Rice Pilaf, Corn, Baby Carrots,	Garlic Bread Stick, Tossed Salad,	Refried Beans, Lettuce & Tomatoes, Red Grapes,	Tossed Salad, Cucumber Slices,	Baked Beans, Baby Carrots,		3	4	5	6	7
Applesauce, Raisins, Choice of Milk, Ranch Dressing &	Diced Peaches, Fresh Fruit, Choice of Milk, &	Apples, Mild Salsa,	Diced Pears, Orange Smiles, Choice of Milk &	Oven Baked Fries, Pineapple,		10 17	11		13	14
BBQ Sauce Cup	Ranch Dressing	Choice of Milk & Ranch Dressing	Ranch Dressing	Choice of Milk, Ranch Dressing, Ketchup & Mustard		24	25	/ ASSESSED	27	28
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		31				100
Cheeseburger/Hamburger  Celery Sticks, Oven Fries, Mixed Fruit, Apples, Choice Of Milk, Ranch Dressing, Ketchup & Mustard	Chicken Rings  Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup	Cheese Pizza  Tossed Spinach Salad, Cucumber Slices, Apple, Strawberry Cup, Choice of Milk & Ranch Dressing	Nachos Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Choice of Milk & Ranch Dressing	Breakfast for Lunch Pancakes, Scrambled Eggs, Turkey Sausage, Hash Brown, Banana, Raisins, Choice of Milk,		М	т	January W	Т 3	F 4
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	& Syrup FRIDAY		7	8	9	10	11
Chicken Patty Sandwich	Oven Baked Chicken Drumsticks	Pizza Lunchable	Macaroni & Cheese	Peanut Butter & Jelly Sandwich		14	15	16	17	18
Potato Puffs, Lettuce &	Sweet Corn, Potato Wedges	Pita Bread, Pizza Sauce, Mozzarella Cheese,	Tossed Salad, Green Beans,	Gold fish Crackers, Baby Carrots,		21	22	23	24	25
Tomatoes, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup & Mayo	Pineapple , Apple Dinner Roll, Choice of Milk & Ranch Dressing	Pepperoni, Baby Carrots, Strawberry Cup, Choice of Milk & Ranch Dressing	Apple, Diced Peaches, Garlic Bread , Choice of Milk & Ranch Dressing	Apple Slices, Choice of Milk & Ranch Dressing		28	29	30 February	31	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		М	Т	W	Т	F
Bosco Sticks  Marinara Cup, Tossed Salad,	Chicken Noodle Soup  Crackers, String Cheese Baby	Turkey and gravy  Mashed Potatoes, Sweet	Chicken Alfredo Steamed Broccoli, Garlic Bread,	Pretzel & Cheese Yogurt, Green Beans,		4	5	6	7	1 8
Green Peas, Mixed Berry Cup, Choice of Milk &	Carrots Fresh Fruit Cups, Choice of Milk & Ranch Dressing	Corn, Strawberry Cup, Apple, Dinner Roll, Choice	Mixed Fruit Cup, Choice of Milk, Ranch Dressing	Diced Peaches, Banana,		11	12	13	14	15
Ranch Dressing	or while a realien pressing	of Milk & Ranch Dressing	Nanch Di Cosing	Choice of Milk ,Ranch Dressing	18 19	20	21	22		
		ANNA DE LA CONTRACTOR D				25	26	27	28	11-

All meals meet USDA nutritional guidelines

Rogers City Area Schools is an equal opportunity institution

Choice of Milk = 1% white or flavored

Menu is subject to change without notice

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

## ROGERS CITY AREA SCHOOLS HIGH SCHOOL MENU

**BREAKFAST MENU** 

**WEDNESDAY** 

**THURSADY** 

Choice of Milk = 1% white or flavored

Menu is subject to change without notice

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

**TUESDAY** 

Rogers City Area Schools is an equal opportunity institution

	Breakfast Pizza, Cherry or Appl Smoothies, Yogurt & String C Cinnamon Rice Chex Cer Cinnamon Applesauce, Orang Craisins 1% or Skim Milk	g Cheese, Muffins, Cereal, Yogurt Parfait, Smoothies, Parfaits Omelet, Cereal Rice Krispies & Apple Jacks Cereal Sausage Links, Frosted Flakes Breakfast Oatmeal Rou nge Smiles, Fresh Fruit Cups String Cheese, Yogurt Granola Ba Raisins, Apple, Banana Cinnamon Applesauce, Pears, Orange Juice Craisins, Banana, Pear,					Coco Cherry Bar, Pancake on a Stic s, Frosted Flakes, Mini Wheats Orange Smiles, Strawberry Cup, Pear, A				
				LUNCH MENU							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			С	ecembe		
N	Chicken Nuggets	Penne Pasta with Meat Sauce	Tacos	Pepperoni Pizza	Hot Dog on a Bun		M	Т	W	Т	F
S	Rice Pilaf, Corn, Baby Carrots,	Garlic Bread Stick, Tossed Salad,	Refried Beans, Lettuce & Tomatoes, Red Grapes,	Tossed Salad, Cucumber Slices,	Baked Beans, Baby Carrots, Oven Baked Fries, Pineapple,		3 10	11	5 12	6 13	7
`	Applesauce, Fresh Fruit, Choice of Milk, Ranch	Diced Peaches, Fresh Fruit, Choice of Milk, &	Apples, Mild Salsa, Choice of Milk & Ranch	Diced Pears, Fresh Fruit, Choice of Milk &	Fresh Fruit, Choice of Milk,		17	18	19	20	21
	Dressing, & BBQ Sauce	Ranch Dressing	Dressing	Ranch Dressing	Ranch Dressing, Ketchup & Mustard		24	25	26	27	28
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		31				
	Cheeseburger/Hamburger	Chicken Rings	Cheese Pizza	Nachos	Breakfast for Lunch			1/	January		
۱	Celery Sticks, Oven Fries, Mixed Fruit, Apples, Choice Of	Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges,	Tossed Spinach Salad, Cucumber Slices, Apple,	Mixed Peppers, Tomatoes, Diced Peaches, Fresh Fruit,	Pancakes, Scrambled Eggs, Turkey Sausage, Hash Brown		M	T	w	T	F
ı	Milk, Ranch Dressing, Ketchup	Choice of Milk, Ketchup & BBQ	Strawberry Cup, Choice of	Mild Salsa, Sour Cream, Choice	Banana, Raisins, Choice of Milk,		IVI		Name and Address of the Owner, where the Owner, which is the Owner, where the Owner, which is the Owner, whic	TATE TO A VIS	Name and Post of the Owner, where the Owner, which is the Owner, where the Owner, which is the Owner, where the Owner, which is t
	& Mustard	Sauce Cup	Milk & Ranch Dressing	of Milk & Ranch Dressing	& Syrup			1	2	3	4
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		7	8	9	10	11
	Chicken Patty Sandwich	Oven Baked Chicken Drumsticks	Mini Corn Dogs	Macaroni & Cheese	Boneless Chicken Wings		14	15	16	17	18
	Potato Puffs, Lettuce &	Sweet Corn, Potato Wedges	Steamed Cauliflower, Cheetos, Strawberry Cup,	Tossed Salad, Green Beans,	Tossed Salad, Cucumber Slices,		21	22	23	24	25
	Tomatoes, Mixed Fruit, Fresh Fruit, Choice of Milk, Ranch	Pineapple , Apple Dinner Roll, Choice of Milk	Pears, Side Kick Slushy, Choice of Milk, Ranch,	Apple, Diced Peaches, Dinner Roll , Choice of Milk &	Mixed Berry Cup, Fresh Fruit, Choice of Milk & Ranch Dressing		28	29	30	31	
	Dressing, Ketchup & Mayo	& Ranch Dressing	Mustard & Ketchup	Ranch Dressing	Choice of Wilk & Nation Diessing				February		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		М	Т	w	Т	F
	Bosco Sticks	Chicken Noodle Soup	Turkey and Gravy	Chicken Alfredo	Soft Pretzel & Cheese				1 2		1
	Marinara Cup, Tossed Salad,	Crackers, Baby Carrots, Sliced	Mashed Potatoes, Sweet	Steamed Broccoli, bread Stick,	Yogurt, Green Beans, Diced Peaches, Fresh Fruit,		4	5	6	7	8
	Green Peas, Mixed Berry Cup, Fresh Fruit, Choice of Milk	Peaches, Fresh Fruit, Choice of Milk & Ranch Dressing	Corn, Strawberry Cup, Fresh Fruit, Dinner Roll,	Mixed Fruit Cup, Fresh Fruit, Choice of Milk & Ranch Dressing	Choice of Milk & Ranch Dressing		11	12	13	14	15
	& Ranch Dressing		Choice of Milk & Ranch Dressing				18	19	20	21	22
	Meal Prices		DICOONIR				25	26	27	28	1
	Student Breakfast: \$	1.30, reduced \$.30 Student Lu	unch: \$2.85, reduced \$.40	Milk Prices: \$0.50	Adult Price: \$2.30—\$3.85						

All meals meet USDA nutritional guidelines