



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

ROGERS CITY AREA SCHOOLS HEAD START LUNCH MENU

Rogers City Area Schools is a equal opportunity institution.

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

Menu is subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Chicken Nuggets</p> <p>Rice Pilaf, Corn, Baby Carrots, Applesauce, Raisins, Choice of Milk, Ranch Dressing, BBQ Sauce Cup</p>	<p>Penne Pasta with Meat Sauce</p> <p>Garlic Bread Stick, Tossed Salad, Diced Peaches, Fresh Fruit, Choice of Milk, Ranch Dressing</p>	<p>Tacos</p> <p>Refried Beans, Lettuce & Tomatoes, Red Grapes, Apples, Mild Salsa, Choice of Milk, Ranch Dressing</p>	<p>Pepperoni Pizza</p> <p>Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Choice of Milk, Ranch Dressing,</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Cheeseburger/Hamburger</p> <p>Celery Sticks, Oven Fries, Mixed Fruit, Apples, Choice of Milk, Ranch Dressing, Ketchup & Mustard</p>	<p>Chicken Rings</p> <p>Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup</p>	<p>Cheese Pizza</p> <p>Tossed Spinach Salad, Cucumber Slices, Apple, Strawberry Cup, Choice of Milk, Ranch Dressing</p>	<p>Nachos</p> <p>Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Choice of Milk, Ranch Dressing</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Chicken Patty Sandwich</p> <p>Potato Puffs, Lettuce & Tomatoes, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup & Mayo</p>	<p>Oven Baked Chicken Drumsticks</p> <p>Sweet Corn, Potato Wedges, Pineapple, Apple, Dinner Roll, Choice of Milk, Ranch Dressing</p>	<p>Pizza Lunchable</p> <p>Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni, Baby Carrots, Strawberry Cup, Choice of Milk, Ranch Dressing</p>	<p>Macaroni & Cheese</p> <p>Tossed Salad, Green Beans, Apple, Diced Peaches, Garlic Bread, Choice of Milk, Ranch Dressing</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Bosco Sticks</p> <p>Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Choice of Milk, Ranch Dressing</p>	<p>Chicken Noodle Soup</p> <p>Crackers, String Cheese, Baby Carrots, Fresh Fruit Cups, Choice of Milk, Ranch Dressing</p>	<p>Turkey and gravy</p> <p>Mashed Potatoes, Sweet Corn, Strawberry Cup, Apple, Dinner Roll, Choice of Milk, Ranch Dressing</p>	<p>Chicken Alfredo</p> <p>Steamed Broccoli, Garlic Bread, Mixed Fruit Cup, Choice of Milk, Ranch Dressing</p>

December

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ROGERS CITY AREA SCHOOLS ST. IGNATIUS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Rice Pilaf, Corn, Baby Carrots, Applesauce, Raisins, Choice of Milk, Ranch Dressing & BBQ Sauce Cup	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 Peas, 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 Celery Sticks, Oven Fries, Mixed Fruit, Apples, Choice Of Milk, Ranch Dressing, Ketchup & Mustard	Chicken Rings Buttered Noodles, Green Peas, Carrots, Diced Peas, 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, & Syrup
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	Macaroni & Cheese Tossed Salad, Green Beans, Apple, Diced Peaches, Garlic Bread, Choice of Milk & Ranch Dressing	Peanut Butter & Jelly Sandwich Gold fish Crackers, Baby Carrots, Apple Slices, Choice of Milk & Ranch Dressing
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bosco Sticks Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Choice of Milk & Ranch Dressing	Chicken Noodle Soup Crackers, String Cheese Baby Carrots Fresh Fruit Cups, Choice of Milk & Ranch Dressing	Turkey and gravy Mashed Potatoes, Sweet Corn, Strawberry Cup, Apple, Dinner Roll, Choice of Milk & Ranch Dressing	Chicken Alfredo Steamed Broccoli, Garlic Bread, Mixed Fruit Cup, Choice of Milk, Ranch Dressing	Pretzel & Cheese Yogurt, Green Beans, Diced Peaches, Banana, Choice of Milk, Ranch Dressing

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Meal Prices

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

Milk Prices: \$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

ROGERS CITY AREA SCHOOLS ELEMENTARY MENU

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza, Cherry or Apple Frudel, Yogurt & String Cheese, Cinnamon Rice Chex Cereal Cinnamon Applesauce, Orange Smiles, Craisins And 1% Milk	Egg, Sausage & Cheese Biscuit, Muffins, Cereal Bar Rice Krispies & Apple Jacks Cereal Fresh Fruit Cups Raisins, Apple, Banana and 1% Milk	French Toast Sticks, Scrambled Eggs Sausage Links, Frosted Flakes String Cheese, Yogurt Cinnamon Applesauce, Pears, Orange Juice And 1% Milk	Mini Bagel w/ Cream Cheese, Cheese Omelet Breakfast Oatmeal Rounds Yogurt Parfaits, Granola Bar Craisins, Banana, Pear, Apple Juice And 1% Milk	Breakfast Bosco, Apple Cinnamon Bar Frosted Flakes, Mini Wheats Yogurt String Cheese Orange Smiles, Strawberry Cup, Pear, Apple Juice, And 1% Milk

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Rice Pilaf, Corn, Baby Carrots, Applesauce, Raisins, Choice of Milk, Ranch Dressing, BBQ Sauce Cup	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	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,
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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, Syrup
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	Macaroni & Cheese Tossed Salad, Green Beans, Apple, Diced Peaches, Garlic Bread, Choice of Milk, Ranch Dressing	Peanut Butter & Jelly Sandwich Gold fish Crackers, Baby Carrots, Apple Slices, Choice of Milk, Ranch Dressing
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bosco Sticks Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Choice of Milk, Ranch Dressing	Chicken Noodle Soup Crackers, String Cheese Baby Carrots Fresh Fruit Cups, Choice of Milk, Ranch Dressing	Turkey and gravy Mashed Potatoes, Sweet Corn, Strawberry Cup, Apple, Dinner Roll, Choice of Milk, Ranch Dressing	Chicken Alfredo Steamed Broccoli, Garlic Bread, Mixed Fruit Cup, Choice of Milk, Ranch Dressing	Pretzel & Cheese Yogurt, Green Beans, Diced Peaches, Banana, Choice of Milk, Ranch Dressing

Meal Prices

Student's reimbursable Breakfasts and Lunches are FREE!!

Milk Prices: \$0.50

Adult Price: \$2.30—\$3.85

All meals meet USDA nutritional guidelines

Choice of Milk = 1% white or flavored

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Menu is subject to change without notice

December

M	T	W	T	F
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10	11	12	13	14
17	18	19	20	Sack Lunch
24	25	26	27	28
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January

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14	15	16	Sack Lunch	Sack Lunch
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February

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11	12	13	14	Sack Lunch
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ROGERS CITY AREA SCHOOLS MIDDLE SCHOOL MENU

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza, Cherry or Apple Frudel, Yogurt & String Cheese, Cinnamon Rice Chex Cereal Cinnamon Applesauce, Orange Smiles, Craisins And 1% Milk	Egg, Sausage & Cheese Biscuit, Muffins, Cereal Bar Rice Krispies & Apple Jacks Cereal Fresh Fruit Cups Raisins, Apple, Banana and 1% Milk	French Toast Sticks, Scrambled Eggs Sausage Links, Frosted Flakes String Cheese, Yogurt Cinnamon Applesauce, Pears, Orange Juice And 1% Milk	Mini Bagel w/ Cream Cheese, Cheese Omelet Breakfast Oatmeal Rounds Yogurt Parfaits, Granola Bar Craisins, Banana, Pear, Apple Juice And 1% Milk	Breakfast Bosco, Apple Cinnamon Bar Frosted Flakes, Mini Wheats Yogurt String Cheese Orange Smiles, Strawberry Cup, Pear, Apple Juice, And 1% Milk

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Rice Pilaf, Corn, Baby Carrots, Applesauce, Raisins, Choice of Milk, Ranch Dressing & BBQ Sauce Cup	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 Peaches, 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 Celery Sticks, Oven Fries, Mixed Fruit, Apples, Choice of Milk, Ranch Dressing, Ketchup & Mustard	Chicken Rings Buttered Noodles, Green Peas, Carrots, Diced Peaches, 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, & Syrup
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	Macaroni & Cheese Tossed Salad, Green Beans, Apple, Diced Peaches, Garlic Bread, Choice of Milk & Ranch Dressing	Peanut Butter & Jelly Sandwich Gold fish Crackers, Baby Carrots, Apple Slices, Choice of Milk & Ranch Dressing
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bosco Sticks Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Choice of Milk & Ranch Dressing	Chicken Noodle Soup Crackers, String Cheese Baby Carrots, Fresh Fruit Cups, Choice of Milk & Ranch Dressing	Turkey and gravy Mashed Potatoes, Sweet Corn, Strawberry Cup, Apple, Dinner Roll, Choice of Milk & Ranch Dressing	Chicken Alfredo Steamed Broccoli, Garlic Bread, Mixed Fruit Cup, Choice of Milk, Ranch Dressing	Pretzel & Cheese Yogurt, Green Beans, Diced Peaches, Banana, Choice of Milk, Ranch Dressing

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Meal Prices

Student Breakfast: \$1.30, reduced \$.30

Student Lunch: \$2.85, reduced \$.40

Milk Prices: \$.50

Adult Price: \$2.30—\$3.85

All meals meet USDA nutritional guidelines

Choice of Milk = 1% white or flavored

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

Menu is subject to change without notice

ROGERS CITY AREA SCHOOLS HIGH SCHOOL MENU

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza, Cherry or Apple Frudel, Smoothies, Yogurt & String Cheese, Cinnamon Rice Chex Cereal Cinnamon Applesauce, Orange Smiles, Craisins 1% or Skim Milk	Egg, Sausage & Cheese Biscuit, Muffins, Cereal, Yogurt Parfait, Rice Krispies & Apple Jacks Cereal Fresh Fruit Cups Raisins, Apple, Banana 1% or Skim Milk	French Toast Sticks w/ syrup, Scrambled Eggs, Smoothies, Parfaits Sausage Links, Frosted Flakes String Cheese, Yogurt Cinnamon Applesauce, Pears, Orange Juice 1% or Skim Milk	Mini Bagel w/ Cream Cheese, Cheese Omelet, Breakfast Oatmeal Rounds, Parfaits, Granola Bar Craisins, Banana, Pear, Apple Juice 1% or Skim Milk	Breakfast Bosco Stick, Apple Cinnamon Bar, Coco Cherry Bar, Pancake on a Stick, Frosted Flakes, Mini Wheats Orange Smiles, Strawberry Cup, Pear, Apple Juice, 1% or Skim Milk

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Rice Pilaf, Corn, Baby Carrots, Applesauce, Fresh Fruit, Choice of Milk, Ranch Dressing, & BBQ Sauce	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, Fresh Fruit, Choice of Milk & Ranch Dressing	Hot Dog on a Bun Baked Beans, Baby Carrots, Oven Baked Fries, Pineapple, Fresh Fruit, Choice of Milk, Ranch Dressing, Ketchup & Mustard
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Fruit, Mild Salsa, Sour Cream, Choice of Milk & Ranch Dressing	Breakfast for Lunch Pancakes, Scrambled Eggs, Turkey Sausage, Hash Brown Banana, Raisins, Choice of Milk, & Syrup
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty Sandwich Potato Puffs, Lettuce & Tomatoes, Mixed Fruit, Fresh Fruit, Choice of Milk, Ranch Dressing, Ketchup & Mayo	Oven Baked Chicken Drumsticks Sweet Corn, Potato Wedges Pineapple, Apple Dinner Roll, Choice of Milk & Ranch Dressing	Mini Corn Dogs Steamed Cauliflower, Cheetos, Strawberry Cup, Pears, Side Kick Slushy, Choice of Milk, Ranch, Mustard & Ketchup	Macaroni & Cheese Tossed Salad, Green Beans, Apple, Diced Peaches, Dinner Roll, Choice of Milk & Ranch Dressing	Boneless Chicken Wings Tossed Salad, Cucumber Slices, Mixed Berry Cup, Fresh Fruit, Choice of Milk & Ranch Dressing
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bosco Sticks Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Fresh Fruit, Choice of Milk & Ranch Dressing	Chicken Noodle Soup Crackers, Baby Carrots, Sliced Peaches, Fresh Fruit, Choice of Milk & Ranch Dressing	Turkey and Gravy Mashed Potatoes, Sweet Corn, Strawberry Cup, Fresh Fruit, Dinner Roll, Choice of Milk & Ranch Dressing	Chicken Alfredo Steamed Broccoli, bread Stick, Mixed Fruit Cup, Fresh Fruit, Choice of Milk & Ranch Dressing	Soft Pretzel & Cheese Yogurt, Green Beans, Diced Peaches, Fresh Fruit, Choice of Milk & Ranch Dressing

December

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February

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Meal Prices

Student Breakfast: \$1.30, reduced \$.30

Student Lunch: \$2.85, reduced \$.40

Milk Prices: \$0.50

Adult Price: \$2.30—\$3.85

All meals meet USDA nutritional guidelines

Choice of Milk = 1% white or flavored

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