

ROGERS CITY AREA SCHOOLS

2017 WINTER/SPRING MENU



MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Diane Schultz — Food Service Supervisor — 734.9164

K-5th Breakfast Prices

Breakfast K-8	\$1.30
Reduced Price	\$.30
Adults	\$1.95
Milk	\$.50

Rogers City Area Schools Food Service Department has a three week cycle menu, the colors on the calendar indicate each weeks cycle.

Food Service Accounts need to be **pre-paid**. Refer to your student handbook for District Policy.



ALL GRAINS ARE WHOLE
GRAIN

BREAKFAST IS SERVED WITH THE
OPTION OF COLD CEREAL AND
CHOICE OF MILK.

Items Offered Daily

- Cold Cereal
- Trix Yogurt
- Graham Crackers
- Nutrigrain Bars

Choose 3 items to make a complete
breakfast...
One item needs to be a fruit or juice

March 2017

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
SPRING BREAK				

April 2017

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

May 2017

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
	30	31		

Cycle Week 1

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Cinnamon Rolls
Fruit or Juice

Wednesday
Pancakes on a stick
Fruit or Juice

Thursday
Huron McMuffins
Fruit or Juice

Friday
Yogurt or Parfait
Graham Crackers
Fruit or Juice

Cycle Week 2

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Poptarts, Yogurt
Fruit or Juice

Wednesday
McBear Bowls
Fruit or Juice

Thursday
Waffle Sticks, Sausage
Fruit or Juice

Friday
Breakfast Kits or
Donuts
Fruit or Juice

Cycle Week 3

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Apple or Cherry
Frudels
Fruit or Juice

Wednesday
French Toast Sticks
Sausage
Fruit or Juice

Thursday
Scrambled Eggs Toast
Fruit or Juice

Friday
Breakfast Kits or
Donuts
Fruit or Juice Fruit

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K-5th Lunch Prices

K-5 Lunch	\$2.05
Reduced Price	\$.40
Adults	\$3.75
Milk	\$.50

Make Half Your Plate Fruits and Vegetables.

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ALL GRAINS ARE WHOLE GRAIN

All Lunches are served with Choice of Milk.

Alternate Choices

Tuesdays & Thursdays

Ham or Turkey Lunchables

Monday & Wednesdays

PB&J Sandwiches

1. Yogurt, Granola, String Cheese, Carrots, Crackers, Fruit & Milk
2. String Cheese, Carrots, Fruit & Milk

Condiments

Ketchup, Mayo, Mustard, Ranch Dressing, Margarine cups, and BBQ Sauce are available

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Cycle Week 1

Monday

Chicken Tenders, Seasoned Rice, Mandarin Oranges Veggie & Fruit Bar

Tuesday

Hamburger/Cheeseburger, Smiley Fries, Peaches, Veggie & Fruit Bar

Wednesday

Personal Pan Pizza, Pineapple, Veggie & Fruit Bar

Thursday

Sloppy Joes, Chips, Applesauce Veggie & Fruit Bar

Friday

Mini Pancakes, Hash Browns, Pears, Mini Cinnamon Rolls

Cycle Week 2

Monday

Hot Dog on a Bun, French Fries, Peaches, Veggie & Fruit Bar

Tuesday

Raviolis, Hot Rolls, Mandarin Oranges, Veggie & Fruit Bar

Wednesday

Chicken Rings, Buttered Noodles, Bananas, Cookie, Veggie & Fruit Bar

Thursday

Cheese Bosco Sticks, Marinara Sauce, Apple Slices, Veggie & Fruit Bar

Friday

Nacho Supreme, Fruit Salad, Veggie & Fruit Bar

Cycle Week 3

Monday

Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, Tropical Fruit & Rolls

Tuesday

Pizza Calzones, Peaches, Veggie & Fruit Bar

Wednesday

Corn Dogs, Gold Fish Crackers, Sliced Oranges, Veggie & Fruit Bar

Thursday

Ham & Turkey Subs, Smiley Fries, Applesauce, Veggie & Fruit Bar

Friday

Sack Lunches (PB&J Sandwich, String Cheese, Chips, Carrots w/ Ranch) Slushy Cups

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MS/HS Breakfast Prices

Breakfast 6-12	\$1.30
Reduced Price	\$.30
Adults	\$1.95
Milk	\$.50

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OPTION OF COLD CEREAL AND
CHOICE OF MILK.

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- Cold Cereal
- Trix Yogurt
- Graham Crackers
- Nutrigrain Bars

Choose 3 items to make a complete
breakfast...

One item needs to be a fruit or juice

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Cycle Week 1

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Cinnamon Rolls
Fruit or Juice

Wednesday
Pancakes on a stick
Fruit or Juice

Thursday
Huron McMuffins
Fruit or Juice

Friday
Yogurt or Parfait
Graham Crackers
Fruit or Juice

Cycle Week 2

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Poptarts, Yogurt
Fruit or Juice

Wednesday
McBear Bowls
Fruit or Juice

Thursday
Waffle Sticks, Sausage
Fruit or Juice

Friday
Breakfast Kits or
Donuts
Fruit or Juice

Cycle Week 3

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Apple or Cherry
Frudels
Fruit or Juice

Wednesday
French Toast Sticks
Sausage
Fruit or Juice

Thursday
Scrambled Eggs Toast
Fruit or Juice

Friday
Breakfast Kits or
Donuts
Fruit or Juice Fruit

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MS/HS Lunch Prices

6-12 Lunch	\$2.75
Reduced Price	\$.40
Adults	\$3.75
Milk	\$.50

Make Half Your Plate Fruits and Vegetables.

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ALL GRAINS ARE WHOLE GRAIN

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Alternate Choices

Tuesdays & Thursdays

Ham or Turkey Lunchables

Monday & Wednesdays

PB&J Sandwiches

1. Yogurt, Granola, String Cheese, Carrots, Crackers, Fruit & Milk
2. String Cheese, Carrots, Fruit & Milk

Condiments

Ketchup, Mayo, Mustard, Ranch Dressing, Margarine cups, and BBQ Sauce are available

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Monday

Chicken Tenders, Seasoned Rice, Mandarin Oranges Veggie & Fruit Bar

Tuesday

Hamburger/Cheeseburger, Smiley Fries, Peaches, Veggie & Fruit Bar

Wednesday

Personal Pan Pizza, Pineapple, Veggie & Fruit Bar

Thursday

Sloppy Joes, Chips, Applesauce Veggie & Fruit Bar

Friday

Mini Pancakes, Hash Browns, Pears, Mini Cinnamon Rolls

Cycle Week 2

Monday

Hot Dog on a Bun, French Fries, Peaches, Veggie & Fruit Bar

Tuesday

Raviolis, Hot Rolls, Mandarin Oranges, Veggie & Fruit Bar

Wednesday

Chicken Rings, Buttered Noodles, Bananas, Cookie, Veggie & Fruit Bar

Thursday

Cheese Bosco Sticks, Marinara Sauce, Apple Slices, Veggie & Fruit Bar

Friday

Nacho Supreme, Fruit Salad, Veggie & Fruit Bar

Cycle Week 3

Monday

Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, Tropical Fruit & Rolls

Tuesday

Pizza Calzones, Peaches, Veggie & Fruit Bar

Wednesday

Corn Dogs, Gold Fish Crackers, Sliced Oranges, Veggie & Fruit Bar

Thursday

Ham & Turkey Subs, Smiley Fries, Applesauce, Veggie & Fruit Bar

Friday

Sack Lunches (PB&J Sandwich, String Cheese, Chips, Carrots w/ Ranch) Slushy Cups

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Parochial Breakfast Prices

Breakfast K-8	\$1.30
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Adults	\$1.95
Milk	\$.50

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- Nutrigrain Bars

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Cycle Week 1

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Cinnamon Rolls
Fruit or Juice

Wednesday
Pancakes on a stick
Fruit or Juice

Thursday
Huron McMuffins
Fruit or Juice

Friday
Yogurt or Parfait
Graham Crackers
Fruit or Juice

Cycle Week 2

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Poptarts, Yogurt
Fruit or Juice

Wednesday
McBear Bowls
Fruit or Juice

Thursday
Waffle Sticks, Sausage
Fruit or Juice

Friday
Breakfast Kits or
Donuts
Fruit or Juice

Cycle Week 3

Monday
Breakfast Pizza
Fruit or Juice

Tuesday
Apple or Cherry
Frudels
Fruit or Juice

Wednesday
French Toast Sticks
Sausage
Fruit or Juice

Thursday
Scrambled Eggs Toast
Fruit or Juice

Friday
Breakfast Kits or
Donuts
Fruit or Juice Fruit

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Cycle Week 1

Monday

Chicken Tenders,
Seasoned Rice, Mandarin
Oranges Veggie & Fruit
Bar

Tuesday

Hamburger/Cheeseburger,
Smiley Fries, Peaches,
Veggie & Fruit Bar

Wednesday

Personal Pan Pizza,
Pineapple,
Veggie & Fruit Bar

Thursday

Sloppy Joes, Chips,
Applesauce
Veggie & Fruit Bar

Friday

Mini Pancakes,
Hash Browns, Pears,
Mini Cinnamon Rolls

Cycle Week 2

Monday

Hot Dog on a Bun,
French Fries, Peaches,
Veggie & Fruit Bar

Tuesday

Raviolis, Hot Rolls,
Mandarin Oranges,
Veggie & Fruit Bar

Wednesday

Chicken Rings, Buttered
Noodles, Bananas,
Cookie, Veggie & Fruit Bar

Thursday

Cheese Bosco Sticks,
Marinara Sauce, Apple
Slices, Veggie & Fruit Bar

Friday

Nacho Supreme,
Fruit Salad,
Veggie & Fruit Bar

Cycle Week 3

Monday

Salisbury Steak, Mashed
Potatoes & Gravy, Green
Beans, Tropical Fruit &
Rolls

Tuesday

Pizza Calzones, Peaches,
Veggie & Fruit Bar

Wednesday

Corn Dogs, Gold Fish
Crackers, Sliced Oranges,
Veggie & Fruit Bar

Thursday

Ham & Turkey Subs,
Smiley Fries, Applesauce,
Veggie & Fruit Bar

Friday

Sack Lunches (PB&J
Sandwich, String Cheese,
Chips, Carrots w/ Ranch)
Slushy Cups