

# ROGERS CITY ELEMENTARY & MIDDLE SCHOOLS 2017-2018

Rogers City Area Schools are an equal opportunity employer.

Lunch served to Elementary students only on half days

Menu is subject to change without notice.

Breakfast Options

## Monday

Banana Bread, Oatmeal  
Breakfast Pizza, Egg Scramble  
Yogurt & Scooby Snacks,  
Mini Bagels w/ Creamy Cheese  
Cinnamon Rice Chex Cereal  
Cinnamon Applesauce, Orange Smiles, Craisins  
1% or Skim Milk

## Tuesday

Egg, Sausage & Cheese Biscuit,  
Maple Waffle Mini Bites  
Cinnamon Rice Chex Cereal  
Yogurt & Scooby Snacks  
Turkey Sausage Link  
Raisins, Apple, Banana  
1% or Skim Milk

## Wednesday

Mini Maple Pancakes w/ syrup  
French Toast Sticks w/ syrup  
Frosted Mini Wheat Cereal, Frosted Flakes  
String Cheese,  
Cinnamon Applesauce, Apple, Orange Juice  
1% or Skim Milk

## Thursday

Blueberry Muffin, Breakfast Rounds  
Oatmeal  
Yogurt & Scooby Doo Grahams,  
Craisins, Banana, Pear, Apple Juice  
1% or Skim Milk

## Friday

Apple Frudel,  
Breakfast Pizza, Scrambled Eggs  
Chocolate Chip Oatmeal Bar  
Cinnamon Rice Chex Cereal w/ Scooby Snacks  
Cinnamon Toast Crunch Cereal w/ Grahams,  
Orange Smiles, Strawberry Cup, Pear, Apple Juice,  
1% or Skim Milk

### Breakfast Requirements

Pick 2 Grains + 1 Fruit + Milk = A healthy reimbursable Breakfast

### Lunch Requirements

Protein and Grain plus a Fruit or Vegetable and Milk are required for a healthy and nutritious lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Chicken Slider w/ Power Slaw  Carrot Coins, Broccoli Buds Diced Peaches, Apples Choice of Milk, Ranch Dressing, BBQ Sauce	Oven Baked Chicken Drumsticks  Peas and Carrots, Potato Wedges Diced Peaches, Apple Dinner Roll, Choice of Milk Ranch Dressing	Tacos  Refried Beans, Lettuce & Tomatoes, Red Grapes, Applesauce, Choice of Milk, Salsa	Turkey and Gravy over Mashed Potatoes  Celery Sticks, Green Beans Orange Smiles, Applesauce Dinner Roll, Choice of Milk Ranch Dressing,	Turkey Hot Dog on a Bun  Baked Beans, Baby Carrots, Apple, Strawberry Cup, 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 Tenders  Potato Fries, Tossed salad, Diced Pears, Oranges, Dinner Roll, Choice of Milk, Ketchup & BBQ Sauce Cup	Cheese Pizza  Tossed Salad, Cucumber Slices, Apple, Strawberry Cup, Choice of Milk, Ranch Dressing	Pasta w/ Meat Sauce  Baby Carrots, Green Peas, Diced Peaches, Fresh Pear, Choice of Milk, Ranch Dressing	Breakfast for Lunch  French Toast/Waffle, Scrambled Eggs, Turkey Sausage, Banana,, Raisins, Choice of Milk, Syrup
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispitos  Spanish Rice Orange Smiles, Diced Pears, Choice of Milk, Mild Salsa	Cheeseburger Meatloaf on a Bun  Sweet Corn, Oven Fries Banana, Raisins Choice of Milk Ketchup, Ranch Dressing	Teriyaki Chicken Dippers  Baby Carrots, Steamed Broccoli, Craisins, Applesauce, Fried Brown Rice, Choice of Milk, Ranch Dressing	Macaroni & Cheese  Tossed Salad, Green Beans, Apple, Diced Peaches, Dinner Roll, Choice of Milk, Ranch Dressing	Chicken Patty Sandwich  Potato Puffs, Lettuce & Tomatoes, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayonnaise
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken and Cheese Quesadillas  Brown Rice, Beans, Orange Smiles, Diced Pears, Choice of Milk, Mild Salsa	Corn Dogs  Zoodles, Carrot Coins Buttered Noodles, Fresh Pear, Pineapple Tidbits, Choice of Milk, Ketchup, Mustard BBQ Sauce	Chicken Poppers  Mashed Potatoes, Sweet Corn, Strawberry Cup, Apple, Dinner Roll, Choice of Milk, Ranch Dressing	Pork Cutlet Sandwich  Oven Fries, Green Beans, Raisins, Diced Peaches, Choice of Milk, Ketchup, BBQ Sauce	Ham or Turkey Sandwich On WG Goldfish Bun  Tossed Salad, Cucumber Slices, Red Grapes, Banana, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayonnaise

April

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
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May

M	T	W	T	F
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June

M	T	W	T	F
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4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
24	25	26	27	28

### Middle School Students:

All Cart items offered daily for cash or positive student account sales.

## Heathy & Nutritious

Salad Bar offered at all Sites

All grains are whole grain

1% Unflavored or Fat Free Flavored Milks are served



### Pay Online for School Meals!

Pay online anytime using a debit or credit card and view your student's account at:  
[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)

### Breakfast Prices:

K-8: \$1.30  
Reduced: \$.30  
Adult: \$1.95

### Lunch Prices:

K-5: \$2.25  
6-8: \$2.75  
Reduced: \$.40  
Adult: \$3.75

# St. Ignatius & St. Johns Schools

Rogers City Area Schools are an equal opportunity employer.

Lunch served to Elementary students only on half days

Menu is subject to change without notice.

Breakfast Options

## Monday

Banana Bread, Oatmeal  
Breakfast Pizza, Egg Scramble  
Yogurt & Scooby Snacks,  
Mini Bagels w/ Creamy Cheese  
Cinnamon Rice Chex Cereal  
Cinnamon Applesauce, Orange Smiles, Craisins  
1% or Skim Milk

## Tuesday

Egg, Sausage & Cheese Biscuit,  
Maple Waffle Mini Bites  
Cinnamon Rice Chex Cereal  
Yogurt & Scooby Snacks  
Turkey Sausage Link  
Raisins, Apple, Banana  
1% or Skim Milk

## Wednesday

Mini Maple Pancakes w/ syrup  
French Toast Sticks w/ syrup  
Frosted Mini Wheat Cereal, Frosted Flakes  
String Cheese,  
Cinnamon Applesauce, Apple, Orange Juice  
1% or Skim Milk

## Thursday

Blueberry Muffin, Breakfast Rounds  
Oatmeal  
Yogurt & Scooby Doo Grahams,  
Craisins, Banana, Pear, Apple Juice  
1% or Skim Milk

## Friday

Apple Frudel,  
Breakfast Pizza, Scrambled Eggs  
Chocolate Chip Oatmeal Bar  
Cinnamon Rice Chex Cereal w/ Scooby Snacks  
Cinnamon Toast Crunch Cereal w/ Grahams,  
Orange Smiles, Strawberry Cup, Pear, Apple Juice,  
1% or Skim Milk

### Breakfast Requirements

Pick 2 Grains + 1 Fruit + Milk = A healthy reimbursable Breakfast

### Lunch Requirements

Protein and Grain plus a Fruit or Vegetable and Milk are required for a healthy and nutritious lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Chicken Slider w/ Power Slaw  Carrot Coins, Broccoli Buds Diced Peaches, Apples Choice of Milk, Ranch Dressing, BBQ Sauce	Oven Baked Chicken Drumsticks  Peas and Carrots, Potato Wedges Diced Peaches, Apple Dinner Roll, Choice of Milk Ranch Dressing	Tacos  Refried Beans, Lettuce & Tomatoes, Red Grapes, Applesauce, Choice of Milk, Salsa	Turkey and Gravy over Mashed Potatoes  Celery Sticks, Green Beans Orange Smiles, Applesauce Dinner Roll, Choice of Milk Ranch Dressing,	Turkey Hot Dog on a Bun  Baked Beans, Baby Carrots, Apple, Strawberry Cup, 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 Tenders  Potato Fries, Tossed salad, Diced Pears, Oranges, Dinner Roll, Choice of Milk, Ketchup & BBQ Sauce Cup	Cheese Pizza  Tossed Salad, Cucumber Slices, Apple, Strawberry Cup, Choice of Milk, Ranch Dressing	Pasta w/ Meat Sauce  Baby Carrots, Green Peas, Diced Peaches, Fresh Pear, Choice of Milk, Ranch Dressing	Breakfast for Lunch  French Toast/Waffle, Scrambled Eggs, Turkey Sausage, Banana,, Raisins, Choice of Milk, Syrup
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispitos  Spanish Rice Orange Smiles, Diced Pears, Choice of Milk, Mild Salsa	Cheeseburger Meatloaf on a Bun  Sweet Corn, Oven Fries Banana, Raisins Choice of Milk Ketchup, Ranch Dressing	Teriyaki Chicken Dippers  Baby Carrots, Steamed Broccoli, Craisins, Applesauce, Fried Brown Rice, Choice of Milk, Ranch Dressing	Macaroni & Cheese  Tossed Salad, Green Beans, Apple, Diced Peaches, Dinner Roll, Choice of Milk, Ranch Dressing	Chicken Patty Sandwich  Potato Puffs, Lettuce & Tomatoes, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayonnaise
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken and Cheese Quesadillas  Brown Rice, Beans, Orange Smiles, Diced Pears, Choice of Milk, Mild Salsa	Corn Dogs  Zoodles, Carrot Coins Buttered Noodles, Fresh Pear, Pineapple Tidbits, Choice of Milk, Ketchup, Mustard BBQ Sauce	Chicken Poppers  Mashed Potatoes, Sweet Corn, Strawberry Cup, Apple, Dinner Roll, Choice of Milk, Ranch Dressing	Pork Cutlet Sandwich  Oven Fries, Green Beans, Raisins, Diced Peaches, Choice of Milk, Ketchup, BBQ Sauce	Ham or Turkey Sandwich On WG Goldfish Bun  Tossed Salad, Cucumber Slices, Red Grapes, Banana, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayonnaise

April

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June

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## Heathy & Nutritious

Salad Bar offered at all Sites

All grains are whole grain

1% Unflavored or Fat Free Flavored Milks are served



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[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)

### Breakfast Prices:

K-8: \$1.30  
Reduced: \$.30  
Adult: \$1.95

### Lunch Prices:

K-5: \$2.25  
6-8: \$2.25  
Reduced: \$.40  
Adult: \$3.75



# ROGERS CITY HIGH SCHOOL 2017-2018

Rogers City Area Schools are an equal opportunity employer.

Lunch served to Elementary students only on half days

Menu is subject to change without notice.

Breakfast Options

## Monday

Banana Bread, Oatmeal  
Breakfast Pizza, Egg Scramble  
Yogurt & Scooby Snacks,  
Mini Bagels w/ Creamy Cheese  
Cinnamon Rice Chex Cereal  
Cinnamon Applesauce, Orange Smiles, Craisins  
1% or Skim Milk

## Tuesday

Egg, Sausage & Cheese Biscuit,  
Maple Waffle Mini Bites  
Cinnamon Rice Chex Cereal  
Yogurt & Scooby Snacks  
Turkey Sausage Link  
Raisins, Apple, Banana  
1% or Skim Milk

## Wednesday

Mini Maple Pancakes w/ syrup  
French Toast Sticks w/ syrup  
Frosted Mini Wheat Cereal, Frosted Flakes  
String Cheese,  
Cinnamon Applesauce, Apple, Orange Juice  
1% or Skim Milk

## Thursday

Blueberry Muffin, Breakfast Rounds  
Oatmeal  
Yogurt & Scooby Doo Grahams,  
Craisins, Banana, Pear, Apple Juice  
1% or Skim Milk

## Friday

Apple Frudel,  
Breakfast Pizza, Scrambled Eggs  
Chocolate Chip Oatmeal Bar  
Cinnamon Rice Chex Cereal w/ Scooby Snacks  
Cinnamon Toast Crunch Cereal w/ Grahams,  
Orange Smiles, Strawberry Cup, Pear, Apple Juice,  
1% or Skim Milk

### Breakfast Requirements

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### Lunch Requirements

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