

# ROGERS CITY AREA SCHOOLS

## 2017 FALL/WINTER MENU



MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Anthony Friday — 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  
(EXCLUDING HOT DOG BUNS)**

All Breakfasts are served with  
**Choice of Milk.**

Items Offered Daily

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

Choose 3 items to make a complete breakfast...

### September 2017

M	T	W	T	F
	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

### October 2017

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

### November 2017

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

### Cycle Week 1

#### Monday

Breakfast Pizza,  
Assorted Cereals, Granola  
Bars, Fruit, Juice & Milk

#### Tuesday

Mini Pancakes, Assorted Ce-  
reals, Multigrain Bar, Fruit,  
Juice & Milk

#### Wednesday

Cheese Omelets w/ toast,  
Assorted Cereals w/ toast,  
Fruit, Juice & Milk

#### Thursday

French Toast w/ syrup, As-  
sorted Cereal, Poptarts, Fruit,  
Juice & Milk

#### Friday

Breakfast Cereal Kits & Milk

### Cycle Week 2

#### Monday

Breakfast Pizza  
Assorted Cereal, Granola Bar,  
Fruit, Juice & Milk

#### Tuesday

Scrambled Eggs w/ Toast,  
Assorted Cereal w/ Toast,  
Fruit, Juice & Milk

#### Wednesday

Muffins & Yogurt, Assorted  
Cereal & Muffin, Fruit Juice &  
Milk

#### Thursday

Pancakes on a stick w/ syrup,  
Assorted Cereal, Pop Tarts,  
Fruit, Juice & Milk

#### Friday

Cereal Kits & Milk

### Cycle Week 3

#### Monday

Breakfast Pizza, Assorted  
Cereal, Nutrigrain Bar, Fruit,  
Juice & Milk

#### Tuesday

Scrambled Egg Bowls &  
Toast, Assorted Cereal &  
Toast, Fruit, Juice & Milk

#### Wednesday

Mini Pancakes w/ Syrup,  
Assorted Cereal, Granola  
Bar, Fruit, Juice & Milk

#### Thursday

HURON Sausage & Egg  
Muffins, Assorted Cereal,  
Poptarts, Fruit, Juice & Milk

#### Friday

Breakfast Cereal Kits & Milk

# ROGERS CITY AREA SCHOOLS

## 2017 FALL/WINTER MENU



MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

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### K-5th Lunch Prices

K-8 Lunch	2.25
Reduced Price	.40
Adults	3.75
Milk	.50

### Make Half Your Plate Fruits and Vegetables.

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



ALL GRAINS ARE WHOLE GRAIN (EXCLUDING HOT DOG BUNS & CHICKEN RINGS)

All Lunches are served with Choice of Milk.

#### Alternate Lunch

- Yogurt, Granola, String Cheese, Carrots, Crackers, Fruit & Milk
- PBJ Sandwich, String Cheese, Carrots, Fruit & Milk

#### Condiments

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

### September 2017

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### October 2017

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### Cycle Week 1

#### Monday

Chicken Nuggets, Smilie Fries, Salad Bar, Pears & Choice of Milk

#### Tuesday

Ravioli, Hot Rolls, Salad Bar, Applesauce & Choice of Milk

#### Wednesday

Hamburger or Cheeseburgers, Baked Chips, Salad Bar, Peaches & Choice of Milk

#### Thursday

Pepperoni or Cheese Pizza, Salad Bar, Cookie, Fruit Cocktail & Choice of Milk

#### Friday

Baked Chicken Drumsticks, Mashed Potatoes, Gravy, Green Beans, Cinnamon Apples & Choice of Milk

### Cycle Week 2

#### Monday

Nacho Supreme, Salad Bar, Blueberries, Cookie & Choice of Milk

#### Tuesday

Corn Dogs, Fries, Salad Bar, Peaches & Choice of Milk

#### Wednesday

Sloppy Joes Baked Chips, Salad Bar, Pears & Choice of Milk

#### Thursday

Chicken Rings, Smilie Fries, Salad Bar, Watermelon, Choice of Milk

#### Friday

French Toast, Sausage, Hash Browns, Applesauce, Mini Cinnamon Rolls & Choice of Milk

### Cycle Week 3

#### Monday

Chicken Tenders, Seasoned Fries, Salad Bar, Pears & Choice of Milk

#### Tuesday

Ham & Cheese Calzones, Salad Bar, French Fries, Peaches & Choice of Milk

#### Wednesday

Taco Sticks, Salsa, Mexican Rice, Salad Bar, Mandarin Oranges & Choice of Milk

#### Thursday

Ham & Cheese Subs, Baked Chips, Salad Bar, Pineapple & Choice of Milk

#### Friday

Mini Pancakes, Sausage, Hash Brown, Applesauce, Cinnamon Rolls & Choice of Milk

# ROGERS CITY AREA SCHOOLS

## 2017 FALL/WINTER MENU



MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Anthony Friday — Food Service Supervisor — 734.9164

### [ 6th—12th 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  
(EXCLUDING HOT DOG BUNS & CHICKEN RINGS)

All Breakfasts are served with  
Choice of Milk & 100% Fruit Juice.

#### Items Offered Daily

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

Choose 3 items to make a complete breakfast...

#### September 2017

M	T	W	T	F
	5	6	7	8
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#### October 2017

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#### November 2017

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#### Cycle Week 1

##### Monday

Breakfast Pizza,  
Assorted Cereals, Granola  
Bars, Fruit, Juice & Milk

##### Tuesday

Mini Pancakes, Assorted Ce-  
reals, Multigrain Bar, Fruit,  
Juice & Milk

##### Wednesday

Cheese Omelets w/ toast,  
Assorted Cereals w/ toast,  
Fruit, Juice & Milk

##### Thursday

French Toast w/ syrup, As-  
sorted Cereal, Poptarts, Fruit,  
Juice & Milk

##### Friday

Breakfast Cereal Kits & Milk

#### Cycle Week 2

##### Monday

Breakfast Pizza  
Assorted Cereal, Granola Bar,  
Fruit, Juice & Milk

##### Tuesday

Scrambled Eggs w/ Toast,  
Assorted Cereal w/ Toast,  
Fruit, Juice & Milk

##### Wednesday

Muffins & Yogurt, Assorted  
Cereal & Muffin, Fruit Juice &  
Milk

##### Thursday

Pancakes on a stick w/ syrup,  
Assorted Cereal, Pop Tarts,  
Fruit, Juice & Milk

##### Friday

Cereal Kits & Milk

#### Cycle Week 3

##### Monday

Breakfast Pizza, Assorted  
Cereal, Nutrigrain Bar, Fruit,  
Juice & Milk

##### Tuesday

Scrambled Egg Bowls &  
Toast, Assorted Cereal &  
Toast, Fruit, Juice & Milk

##### Wednesday

Mini Pancakes w/ Syrup,  
Assorted Cereal, Granola  
Bar, Fruit, Juice & Milk

##### Thursday

HURON Sausage & Egg  
Muffins, Assorted Cereal,  
Poptarts, Fruit, Juice & Milk

##### Friday

Breakfast Cereal Kits & Milk

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### 6th—12th Lunch Prices

K-8 Lunch	2.75
Reduced Price	.40
Adults	3.75
Milk	.50

### Make Half Your Plate Fruits and Vegetables.

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



ALL GRAINS ARE WHOLE GRAIN  
(EXCLUDING HOT DOG BUNS & CHICKEN RINGS)

All Lunches are served with  
Choice of Milk.

Alternate Items for a  
Reimbursable Meal:

Grilled Chicken Patty,  
Chicken Patty, Spicy Chicken Patty,  
Hamburgers, Cheeseburgers,  
Cheese Boscós, Pizza Boscós,  
Sub Sandwich, Pizza,  
Walking Tacos or Nacho Supreme

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### Cycle Week 1

**Monday**  
Chicken Nuggets, Smilie Fries, Salad Bar, Pears & Choice of Milk

**Tuesday**  
Ravioli, Hot Rolls, Salad Bar, Applesauce & Choice of Milk

**Wednesday**  
Hamburger or Cheeseburgers, Baked Chips, Salad Bar, Peaches & Choice of Milk

**Thursday**  
Pepperoni or Cheese Pizza, Salad Bar, Cookie, Fruit Cocktail & Choice of Milk

**Friday**  
Baked Chicken Drumsticks, Mashed Potatoes, Gravy, Green Beans, Cinnamon Apples & Choice of Milk

### Cycle Week 2

**Monday**  
Nacho Supreme, Salad Bar, Blueberries, Cookie & Choice of Milk

**Tuesday**  
Corn Dogs, Fries, Salad Bar, Peaches & Choice of Milk

**Wednesday**  
Sloppy Joes Baked Chips, Salad Bar, Pears & Choice of Milk

**Thursday**  
Chicken Rings, Smilie Fries, Salad Bar, Watermelon, Choice of Milk

**Friday**  
French Toast, Sausage, Hash Browns, Applesauce, Mini Cinnamon Rolls & Choice of Milk

### Cycle Week 3

**Monday**  
Chicken Tenders, Seasoned Fries, Salad Bar, Pears & Choice of Milk

**Tuesday**  
Ham & Cheese Calzones, Salad Bar, French Fries, Peaches & Choice of Milk

**Wednesday**  
Taco Sticks, Salsa, Mexican Rice, Salad Bar, Mandarin Oranges & Choice of Milk

**Thursday**  
Ham & Cheese Subs, Baked Chips, Salad Bar, Pineapple & Choice of Milk

**Friday**  
Mini Pancakes, Sausage, Hash Brown, Applesauce, Cinnamon Rolls & Choice of Milk



# ROGERS CITY AREA SCHOOLS

## 2017 FALL/WINTER MENU



MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Anthony Friday — Food Service Supervisor — 734.9164

### Parochial Lunch Prices

1st - 8th Lunch	2.25
Reduced Price	.40
Adults	3.75
Milk	.50

### Make Half Your Plate Fruits and Vegetables.

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



ALL GRAINS ARE WHOLE GRAIN (EXCLUDING HOT DOG BUNS & CHICKEN RINGS)

All Lunches are served with Choice of Milk.

#### Alternate Lunch

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

#### Condiments

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

### September 2017

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### October 2017

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### November 2017

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6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

### Cycle Week 1

#### Monday

Chicken Nuggets, Smilie Fries, Salad Bar, Pears & Choice of Milk

#### Tuesday

Ravioli, Hot Rolls, Salad Bar, Applesauce & Choice of Milk

#### Wednesday

Hamburger or Cheeseburgers, Baked Chips, Salad Bar, Peaches & Choice of Milk

#### Thursday

Pepperoni or Cheese Pizza, Salad Bar, Cookie, Fruit Cocktail & Choice of Milk

#### Friday

Baked Chicken Drumsticks, Mashed Potatoes, Gravy, Green Beans, Cinnamon Apples & Choice of Milk

### Cycle Week 2

#### Monday

Nacho Supreme, Salad Bar, Blueberries, Cookie & Choice of Milk

#### Tuesday

Corn Dogs, Fries, Salad Bar, Peaches & Choice of Milk

#### Wednesday

Sloppy Joes Baked Chips, Salad Bar, Pears & Choice of Milk

#### Thursday

Chicken Rings, Smilie Fries, Salad Bar, Watermelon, Choice of Milk

#### Friday

French Toast, Sausage, Hash Browns, Applesauce, Mini Cinnamon Rolls & Choice of Milk

### Cycle Week 3

#### Monday

Chicken Tenders, Seasoned Fries, Salad Bar, Pears & Choice of Milk

#### Tuesday

Ham & Cheese Calzones, Salad Bar, French Fries, Peaches & Choice of Milk

#### Wednesday

Taco Sticks, Salsa, Mexican Rice, Salad Bar, Mandarin Oranges & Choice of Milk

#### Thursday

Ham & Cheese Subs, Baked Chips, Salad Bar, Pineapple & Choice of Milk

#### Friday

Mini Pancakes, Sausage, Hash Brown, Applesauce, Cinnamon Rolls & Choice of Milk