ROGERS CITY ELEMENTARY AND MIDDLE SCHOOL SPRING MENU

THURSADY

Bagel with Cream Cheese, Cheese

Omelet, Breakfast Oatmeal Rounds,

Yogurt Parfaits, Granola Bar,

Craisins, Banana, Pear,

FRIDAY

Pancake on a Stick, Cinnamon Bread,

Frosted Flakes Cereal, Mini Wheats Cereal,

Yogurt, String Cheese, Orange Smiles

Strawberry Cup, Pear,

OFFERED BREAKFAST ITEMS

WEDNESDAY

Banana bread, Scrambled Eggs,

Sausage Links, Frosted Flakes Cereal

String Cheese, Yogurts

Cinnamon Applesauce, Pears

Craisins and Milk	Banana and Milk		range Ji	uice and Milk App	le Juice and Milk	Apple Juice and Milk			ilk	
		OFFERED LUNCH I	TEMS	5	- "		MA	RCH 20)19	
MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	М	Т	W	Ъ	F
Cheese Quesadillas,	Chicken Nuggets, Mashed	Tacos, Refried Bea	ans,	Pepperoni Pizza, Tossed	Corn Dogs, Tatar Tots,	200	1238	1	1	1
Tossed Salad, Mixed	Potatoes, Corn,	Lettuce, Tomatoe	es,	Salad, Cucumber Slices,	Celery Sticks, Apple Slices,	4	5	6	7	8
Peppers, Diced Peaches,	Applesauce, Raisins, Milk	Mixed Fruit, Apple	es, [Diced Pears, Orange Smiles,	Milk, Ranch Dressing,	11	12	13	14	15
Mild Salsa, Milk and	Ranch Dressing & BBQ	Mild Salsa, Milk a	nd	Milk and Ranch Dressing	Ketchup & Mustard	18	19	20	21	22
Ranch Dressing	Sauce	Ranch Dressing	5				SPRI	ING BRI	EAK	
							AF	PRIL 20	19	
						M	T	W	T	F
MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	1	2	3	4	5
Cheeseburger/	Chicken Nuggets, Buttered	Cheese Pizza, Toss	sed	Nachos, Mixed Peppers,	Breakfast for Lunch,	8	9	10	11	12
Hamburger, Celery	Noodles, Green Peas,	Spinach Salad,		Tomatoes, Diced Peaches,	(Pancakes, Turkey Sausage,	15	16	17	18	No school
Sticks, Oven Fries, Mixed	Carrots, Diced Pears,	Cucumber Slices, Ap	pple,	Fresh Pear, Mild Salsa, Milk	Hash Brown) Banana,	22	23	24	25	26
Fruit, Apples, Milk, Ranch	Oranges, Milk, Ketchup &	Orange Smiles, Milk	k and	& Ranch Dressing	Raisins, Milk and Syrup			24	23	20
Dressing, Ketchup &	BBQ Sauce Cups	Ranch Dressing	g			29	30	_	- 1	1000
Mustard							N	1AY 201	L9	
MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	M	Т	W	T	F
Chicken Patty Sandwich,	Macaroni & Cheese,	Pizza Lunchable (P		Oven Baked Chicken	Turkey Sliders on a Pretzel		D.	1	2	3
Potato Puffs, Lettuce ,	Tossed Salad, Green	Bread, Pizza Sauc		Drumstick, Sweet Corn,	Bun , Sliced Turkey,	6	7	8	9	10
Tomatoes, Mixed Fruit,	Beans, Apple, Diced	Mozzarella Chees		Potato Wedges, Pineapple,	Cheese, Celery Sticks, Gold	13	14	15	16	17
Banana, Milk, Ranch	Peaches, Garlic Bread,	Pepperoni), Brocc		Banana, Dinner Roll, Milk	Fish Crackers, Orange	20	21	22	23	24
Dressing, Ketchup & Mayo	Milk and Ranch Dressing	Diced Pears, Milk a Ranch Dressing		and Ranch Dressing	Smiles, Milk, Ranch Dressing, Mustard & Mayo	No school	28	29	30	31
MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	school			T. 1000	31
Bosco Sticks, Marinara		Fish and Chips (Brea	aded	Ravioli, Dinner Roll, Fresh	Pretzel, Cheese, Yogurt,			NE 201		
Cup, Tossed Salad, Green	Beans, Baby Carrots,	Whole Grain Pollace		Broccoli, Fresh Cauliflower,	Green beans, Diced	M	T	W	T	F
Peas, Mixed Berry Cup,	Baked Cheetos, Pineapple,	Oven Baked Fries		Mixed Fruit, Milk and	Peaches, Banana, Milk and	3	4	5	6	7
Milk and Ranch Dressing	Milk, Mustard, Ketchup	Cucumber Slices, Sl		Ranch Dressing	Ranch Dressing	10	11	12		
	and Ranch Dressing	Apples, Milk and Ra		9				od Prog		_
		Dressing				at	the Ele	menta	ry Scho	ol
				The second secon						

Elementary Prices:

Breakfast: Free Lunch: Free

Milk or Seconds: \$.50

Middle School Prices:

Breakfast: \$1.30 Reduced Breakfast: \$.30

Lunch: \$2.85

Reduced Lunch: \$.40 Milk: \$.50

Ala Cart or Smart Snacks = cost varies

Adult Prices:

Adult Breakfast: \$2.30 Adult Lunch: \$3.85

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

Menu is subject to change without notice.

All Lunches Include Choice of Milk:

- 1% Low Fat white OR flavored

MONDAY

Breakfast Pizza, Fruit Frudels,

Yogurts, String Cheese,

Cinnamon Rice Chex Cereal

Cinnamon Applesauce, Orange Smiles

All breads are Whole Grain (excluding hot dog buns). Salad Bars offered daily.

Sack Lunches will be provided on half days. (PB&J, a fruit, a vegetable, crackers and milk).

All meals meet USDA requirements.

TUESDAY

Egg, Sausage & Cheese Biscuit,

Muffins, Cereal bar

Rice Krispies and Apple Jacks Cereal

Fresh Fruit Cups, Raisins, Apple

ROGERS CITY HIGH SCHOOL SPRING MENU

OFFERED BREAKFAST ITEMS

Breakfast Pizza, Fruit Frudels, Goody Ring, Yogurts, String Cheese, Cinnamon Rice Chex Cereal, Cinnamon Applesauce, Orange Smiles, Craisins and Milk

MONDAY

Egg, Sausage & Cheese Biscuit, Muffins, Cereal, Cinnamon Roll, Rice Krispies and Apple Jacks Cereal, Fresh Fruit Cups, Raisins, Apple, Banana and Milk

TUESDAY

Banana Bread, Scrambled Eggs, Sausage Links, Frosted Flakes Cereal, Cereal Bars, String Cheese, Yogurts, Cinnamon Applesauce, Pears, Orange Juice and Milk

WEDNESDAY

Bagel with Cream Cheese, Cheese Omelet, Breakfast Oatmeal Rounds, Chocolate Banana Bars, Parfaits, Apple Juice and Milk

THURSADY

Breakfast Bosco Stick, Cinnamon Bread, Cocoa Cherry Bar, Pancake on a Stick, Frosted Flakes and Mini Wheats Cereals, Granola Bar, Craisins, Banana, Pear, Orange Smiles, Strawberry Cup, Pear, Apple Juice and Milk

FRIDAY

			OFFERED LUNCH ITEM	S			MA	RCH 20)19	
ĺ	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	М	Т	W	6 P.	F
	Chicken & Cheese	Chicken Nuggets, Mashed	Tacos/Nachos, Refried	Cheese, Pepperoni or 3-	Corn Dogs, Tatar Tots,	200	1330	100		1
	Quesadillas, Tossed Salad,	Potatoes, Corn, Baby	Beans, Lettuce,	Meat Pizza, Tossed Salad,	Celery Sticks, Mixed Fruit,	4	5	6	7	8
	Mixed Peppers, Mild	Carrots, Applesauce, Fresh	Tomatoes, Bananas,	Cucumber Slices, Diced	Fresh Fruit, Milk, Ranch	11	12	13	14	15
				Pears, Fresh Fruit, Milk and	Dressing, Ketchup &	18	19	20	21	22
	Fruit, Sour Cream, Milk	& BBQ Sauce	and Ranch Dressing	Ranch Dressing	Mustard		SPR	ING BR	EAK	
	and Ranch Dressing						AF	PRIL 20	19	
						M	T	W	T	F
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1	2	3	4	5
	Cheeseburger/	Chicken Tenders, Buttered	Cheese, Pepperoni or	Nachos/Walking Tacos,	Sandwich Day, Regular or	8	9	10	11	12
	Hamburger, Celery	Noodles, Peas, Carrots,	3-Meat Pizza, Tossed	Mixed Peppers, Tomatoes,	Spicy Chicken Patty, BBQ	15	16	17	18	No school
	Sticks, Oven Fries,	Diced Pears, Oranges,	Spinach Salad, Apple,	Diced Peaches, Fresh Fruit,		22	23	24	25	26
	Watermelon, Apples,	Dinner Roll, Milk, Ketchup	Cucumber Slices,	Mild Salsa, Sour Cream,	Chicken Club, Hamburgers,	29	30		-	150).
	Milk, Ranch Dressing,	& BBQ Sauce	Strawberry Cup, Milk	Milk & Ranch Dressing	Carrots, Mixed Fruit and			4414.00	10	1000
	Ketchup & Mustard	THECOAY	and Ranch Dressing	THIRDDAY	Milk	/	IV	//AY 201	.9	17150h
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	M		W	-	F
	Chicken Patty Sandwich,	Macaroni & Cheese,	Pizza Calzone/Pizza	Oven Baked Chicken	Cold Cut Combo Day			1	2	3
	Potato Puffs, Lettuce , Tomatoes, Mixed Fruit,	Tossed Salad, Green Beans, Apple, Diced	Bosco, Fresh Broccoli and Cauliflower, Sliced	Drumstick, Sweet Corn, Potato Wedges, Pineapple,	Ham and Turkey Subs, Club Sliders, Celery Sticks,	6	7	8	9	10
	Fresh Fruit, Milk, Ranch	Peaches, Bread Stick, Milk	Pears, Milk and Ranch		Orange Smiles, Milk, Ranch	13	14	15	16	17
	Dressing, Ketchup &	and Ranch Dressing	Dressing	Ranch Dressing	Dressing, Mustard and	20	21	22	23	24
	Mayo	ana nanen 21 eesm ₀	27.5556		Mayo	No school	28	29	30	31
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			JNE 201	10	
	Bosco Sticks, Marinara	Hot Dog on a Bun, Baked	Fish and Chips (Breaded	Ravioli, Dinner Roll, Fresh	Soft Pretzel, Cheese,	М	T	W W	T	F
	· · · · · · · · · · · · · · · · · · ·	7	T V							
	Cup, Tossed Salad, Green	Beans, Baby Carrots,	Whole Grain Pollack &	Broccoli, Fresh Cauliflower,	Yogurt, Green Beans, Diced		1			7
		Beans, Baby Carrots, Twister Fries, Pineapple,	Whole Grain Pollack & Oven Baked Fries),	Strawberry Cup, Milk and	Yogurt, Green Beans, Diced Peaches, Fresh Fruit, Milk	3	4	5	6	7
	Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Fresh Fruit, Milk and	Beans, Baby Carrots, Twister Fries, Pineapple, Milk, Mustard, Ketchup	Whole Grain Pollack & Oven Baked Fries), Cucumber Slices, Sliced	Strawberry Cup, Milk and		3 10	11	5 12	6	
	Cup, Tossed Salad, Green Peas, Mixed Berry Cup,	Beans, Baby Carrots, Twister Fries, Pineapple,	Whole Grain Pollack & Oven Baked Fries),	Strawberry Cup, Milk and	Peaches, Fresh Fruit, Milk	3 10 Sumi		5 12 od Prog	6 gram Be	egins

High School Prices:

Breakfast: \$1.30 Reduced Breakfast: \$.30

Lunch: \$2.85 Reduced Lunch: \$.40

Milk: \$.50

Ala Cart or Smart Snacks = cost varies

Adult Prices:

Adult Breakfast: \$2.30 Adult Lunch: \$3.85

All meals meet USDA requirements.

All Lunches Include Choice of Milk:

- 1% Low Fat white OR flavored

All Breads are Whole Grain (excluding hot dog buns). Salad Bar offered daily.

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

Menu is subject to change without notice.

ROGERS CITY AREA SCHOOLS

HEAD START BREAKFAST MENU

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

MONDAY

Breakfast Pizza

Yogurt

String Cheese

Cinnamon Rice Chex Cereal

Cinnamon Applesauce

Orange Smiles

Milk*

TUESDAY

Egg, Sausage & Cheese Biscuit

Rice Krispies Cereal

Fresh Fruit Cup

Raisins

Apple or Banana

Milk*

WEDNESDAY

Pancake on a Stick

Kix Cereal

String Cheese

Yogurt

Apple Slices

Pears

Milk*

THURSDAY

Bagel with Cream Cheese

Cheese Omelet

Yogur

Raisin

Diced Peaches

Milk*

Menu is subject to change without notice.

Per USDA Regulations

- Milk is 1% low fat white or flavored
- All grain is whole-grain

Rogers City Area Schools is an Equal Opportunity Institution.

ROGERS CITY AREA SCHOOLS

HEAD START SPRING LUNCH MENU

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

Cycle Week 1

Monday

Cheese Quesadillas, Tossed Salad, Mixed Peppers, Celery Sticks, Diced Peaches, Mild Salsa, Milk and Ranch Dressing

Tuesday

Chicken Nuggets, Mashed Potatoes, Corn, Baby Carrots, Applesauce, Raisins, Milk Ranch Dressing & BBQ Sauce

Wednesday

Tacos, Refried Beans, Lettuce, Tomatoes, Apples, Mild Salsa, Milk and Ranch Dressing

Thursday

Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Milk and Ranch Dressing

Cycle Week 2

Monday

Cheeseburger/Hamburger, Celery Sticks, Oven Fries, Mixed Fruit, Apples, Milk, Ranch Dressing, Ketchup & Mustard

Tuesday

Chicken Nuggets, Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Milk, Ketchup & BBQ Sauce Cups

Wednesday

Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Mixed Berry Cup, Milk and Ranch Dressing

Thursday

Nachos, Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Milk & Ranch Dressing

Cycle Week 3

Monday

Chicken Patty Sandwich, Potato Puffs, Lettuce, Tomatoes, Mixed Fruit, Banana, Milk, Ranch Dressing, Ketchup & Mayo

Tuesday

Macaroni & Cheese, Tossed Salad, Green Beans, Apple, Diced Peaches, Bread Stick, Milk and Ranch Dressing

Wednesday

Pizza Lunchable (Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni), Baby Carrots, Sliced Apples, Milk and Ranch Dressing.

Thursday

Oven Baked Chicken Drumsticks, Sweet Corn, Potato Wedges, Pineapple, Apple, Dinner Roll, Milk and Ranch Dressing

Cycle Week 4

Monday

Bosco Sticks, Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Milk and Ranch Dressing

Tuesday

Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Milk and Ranch Dressing

Wednesday

Fish and Chips (Breaded Whole Grain Pollack & Oven Baked Fries), Cucumber Slices, Sliced Apples, Milk and Ranch Dressing

Thursday

Ravioli, Dinner Roll, Fresh Broccoli, Fresh Cauliflower, Sliced Peaches, Bananas, Milk and Ranch Dressing

MARCH 2019

М	Т	W	Т	F	
				1	
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
SPRING BREAK					

APRIL 2019

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	No school
22	23	24	25	26
29	30			

MAY 2019

M	Т	W	Т	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
No schoo	28	29	30	31

JUNE 2019

M	Т	W	T	F			
3	4	5	6	7			
10	11	12	160	HAM			
Summer Food Program							

Summer Food Program
Begins

All meals served meet USDA requirements.

All Lunches Come with Choice of Milk

- 1% Low Fat white OR flavored

All breads are Whole Grain, excluding the hot dog buns.

^{*}Menu is subject to change without notice.

ROGERS CITY AREA SCHOOLS

ST. IGNATIUS SPRING LUNCH MENU

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

Cycle Week 1

Monday

Cheese Quesadillas, Tossed Salad, Mixed Peppers, Diced Peaches, Mild Salsa, Milk and Ranch Dressing

Tuesday

Chicken Nuggets, Mashed Potatoes, Baby Carrots, Applesauce, Raisins, Milk Ranch Dressing & BBQ Sauce

Wednesday

Tacos, Refried Beans, Lettuce, Tomatoes, Red Grapes, Apples, Mild Salsa, Milk and Ranch Dressing

Thursday

Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Milk and Ranch Dressing

Friday

Corn Dogs, Tatar Tots, Celery Sticks, Strawberry Cup, Milk, Ranch Dressing, Ketchup & Mustard

Cycle Week 2

Monday

Cheeseburger/Hamburger, Celery Sticks, Oven Fries, Mixed Fruit, Apples, Milk, Ranch Dressing, Ketchup & Mustard

Tuesday

Chicken Rings, Buttered Noodles, Peas, Carrots, Diced Pears, Oranges, Dinner Roll, Milk, Ketchup & BBQ Sauce

Wednesday

Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Orange Smiles, Milk and Ranch Dressing

Thursday

Nachos, Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Milk & Ranch Dressing

Friday

Breakfast for Lunch, (Pancakes, Turkey Sausage, Hash Brown) Banana, Raisins, Milk and Syrup

Thursday

Drumstick, Sweet Corn, Potato Wedges, Pineapple, Banana, Dinner Roll, Milk and

Friday

Turkey Sliders on a Pretzel Celery Sticks, Gold Fish Crackers, Orange Smiles,

Cycle Week 3

Monday

Chicken Patty Sandwich, Banana, Milk, Ranch Dressing, Ketchup & Mayo

Tuesday

Macaroni & Cheese, Tossed Salad, Green Beans, Apple, Diced Peaches, Bread Stick,

Wednesday

Pizza Lunchable (Pita Bread, Pizza Sauce, Mozzarella Apple Slices, Milk and Ranch

Oven Baked Chicken Ranch Dressing

Mustard & Mayo

Cycle Week 4

Monday

Bosco Sticks, Marinara Cup, Tossed Salad. Celery Sticks. Fresh Fruit Cup, Raisins, Milk and Ranch Dressing

*Menu is subject to change

without notice

Tuesday

Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Milk, Mustard, Ketchup and Ranch Dressing

Wednesday

Fish and Chips (Breaded Whole Grain Pollack & Oven Baked Fries), Cucumber Slices, Sliced Apples, Milk and Ranch Dressing

Thursday

Ravioli, Dinner Roll, Fresh Broccoli, Fresh Cauliflower, Mixed Fruit, Milk and Ranch Dressing

Friday

Soft Pretzel, Cheese, Yogurt, Green Beans, Diced Peaches, Banana, Milk and Ranch Dressing

Prices:

Lunch = \$2.35Milk or Seconds = \$.50 Reduced: \$.40 Adults = \$3.85

MARCH 2019

М	Т	W	W T		
				1	
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
SPRING BREAK					

APRIL 2019

M	I	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	No school
22	23	24	25	26
29	30			
	1 8 15 22	1 2 8 9 15 16 22 23	1 2 3 8 9 10 15 16 17 22 23 24	1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25

MAY 2019

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20	21	22	23	24	
No schoo	28	29	30	31	

JUNE 2019

M	Т	w	Т	F
3	4	5	6	7
10	11	12		

Summer Food Program Begins at the Elementary School

All meals meet USDA requirements. All Lunches Include Choice of Milk:

- 1% Low Fat white OR flavored

All breads are Whole Grain (excluding hot dog buns) Salad Bar offered daily.