

ROGERS CITY ELEMENTARY SCHOOL – OCTOBER 2020 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



ALL MEALS ARE FREE

Breakfast: *Strawberry Danish, String Cheese, Pineapple Cup & Choice of Milk **5**

Lunch: Oven Baked Chicken Drumstick, *Dinner Roll, Corn, Apple & Choice of Milk

Breakfast: *Nature Valley S'more Bar, Yogurt, Applesauce Cup & Choice of Milk **6**

Lunch: *Grilled Cheese, Tomato Soup, Baby Carrots, Strawberry Cup & Choice of Milk

Breakfast: *Powdered Donut, Cheese Cubes, Mixed Fruit Cup & Choice of Milk **7**

Lunch: *Pepperoni Pizza, Spinach Salad, Diced Pears & Choice of Milk (Ranch Cup)

Breakfast: *Cinnamon Toast Crunch, Muffin, String Cheese, Apple & Choice of Milk **1**

Lunch: Spaghetti w/ Meat Sauce, *Garlic Bread, Diced Peaches & Choice of Milk

Breakfast: *Chocolate Chip Oatmeal Bar, Yogurt, Craisin & Choice of Milk **2**

Lunch: *Chicken & Cheese Quesadilla, Salsa Cup, Applesauce & Choice of Milk

Breakfast: *Strawberry Poptarts, Cheese Cubes, Mandarin Oranges & Choice of Milk **12**

Lunch: *Chicken Patty on a Bun, *Cheese Puffs, Fresh Broccoli, Grapes & Choice of Milk

Breakfast: *Mini Waffles, Yogurt, Strawberry Cup & Choice of Milk **13**

Lunch: *Nachos, Shredded Lettuce, Salsa Cup, Diced Pears & Choice of Milk

Breakfast: Chocolate Banana Bar, String Cheese, Diced Pears & Choice of Milk **14**

Lunch: *Cheese Bosco Sticks, Mixed Greens, Mixed Fruit & Choice of Milk (Marinara Cup)

Breakfast: *Nutrigrain Bar, Yogurt, Diced Peaches & Choice of Milk **8**

Lunch: *Walking Taco, Shredded Lettuce, Tomato, Mixed Berry Cup & Choice of Milk

Breakfast: *Cereal Kit, String Cheese & Choice of Milk **9**

Lunch: *Soft Pretzel, Cheese Cup, Green Beans, Yogurt, Apple Slices & Choice Of Milk

Breakfast: *Triple Berry Crunch Bar, Yogurt, Diced Peaches & Choice of Milk **19**

Lunch: *Teriyaki Dippers, Brown Rice, Steamed Broccoli, Mixed Fruit & Choice of Milk

Breakfast: *Mini Waffles, Yogurt, Strawberry Cup & Choice of Milk **13**

Lunch: *Nachos, Shredded Lettuce, Salsa Cup, Diced Pears & Choice of Milk

Breakfast: Chocolate Banana Bar, String Cheese, Diced Pears & Choice of Milk **14**

Lunch: *Cheese Bosco Sticks, Mixed Greens, Mixed Fruit & Choice of Milk (Marinara Cup)

Breakfast: *Mini Banana Bread Loaf, Yogurt, Mixed Fruit & Choice of Milk **15**

Lunch: *Macaroni & Cheese, Garlic Bread Stick, Green Beans, Diced Pears & Choice of Milk

Breakfast: *Powdered Donut, Cheese Cubes, Craisin & Choice of Milk **16**

Lunch: *Peanut Butter & Jelly Sandwich, String Cheese, Cherry Tomatoes, Goldfish Crackers, Craisin & Choice of Milk **HALF DAY**

Breakfast: *Triple Berry Crunch Bar, Yogurt, Diced Peaches & Choice of Milk **19**

Lunch: *Teriyaki Dippers, Brown Rice, Steamed Broccoli, Mixed Fruit & Choice of Milk

Breakfast: *Cinnamon French Toast, String Cheese, Apple Slices & Choice of Milk **20**

Lunch: *Chicken & Dumplings, Dinner Roll, Green Peas, Pineapple & Choice of Milk

Breakfast: *Honey & Oat Bar, Yogurt, Strawberry Cup & Choice of Milk **21**

Lunch: *Hot Dog on a Bun, Baked Beans, Chez-Its, Grapes & Choice of Milk

Breakfast: *Oatmeal Butterscotch Bar, Cheese Cubes, Pineapple Cup & Choice of Milk **22**

Lunch: *Hamburger/ Cheeseburger on a Bun, Oven Baked Fries, Diced Pears & Choice of Milk

Breakfast: *Cereal Kit, Yogurt & Choice of Milk **23**

Lunch: *Pizza Lunchable, Carrot Sticks, Oranges & Choice of Milk (Ranch Cup)

Breakfast: *Quaker Granola Bar, String Cheese, Craisin & Choice of Milk **26**

Lunch: *Pepperoni Pizza, Mixed Greens, Mixed Berry Cup & Choice of Milk

Breakfast: *Cereal Bar, Yogurt, Mixed Berry Cup & Choice of Milk **27**

Lunch: *Ham & Cheese Calzone, Baked Cheetos, Cucumber Slices, Pineapple & Choice of Milk

Breakfast: *Mini Pancakes, Cheese Cubes, Applesauce & Choice of Milk **28**

Lunch: *Chicken Alfredo, Garlic Bread, Steamed Broccoli, Strawberry Cup & Choice of Milk

Breakfast: *Chocolate Chip Muffin, Yogurt, Diced Pears & Choice of Milk **29**

Lunch: *Popcorn Chicken Bowl, Dinner Roll, Corn, Diced Peaches & Choice of Milk

Breakfast: *Mini Donut, Cheese Cubes, Craisin & Choice of Milk **30**

Lunch: *Peanut Butter & Jelly Sandwich, String Cheese, Cherry Tomatoes, Goldfish Crackers, Craisin & Choice of Milk

NO SCHOOL
Teacher Training Day

* = Whole Grain

The menu is subject to change without notice.

If your student has food allergies, please contact Jenna as soon as possible.

HURON PRIDE!!

Jenna Vekaryasz,
Food Service Supervisor
(989)734-9164
jenna.vogelheim@rcashurons.org

Rogers City Area Schools is an equal opportunity provider.



ROGERS CITY HIGH SCHOOL – OCTOBER 2020 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



ALL MEALS ARE FREE

Breakfast: *Biscuits & Gravy, Cheese Cubes, Diced Peaches & Choice of Milk **5**

Lunch: Oven Baked Chicken Drumstick, *Dinner Roll, Corn, Apple & Choice of Milk

Breakfast: *Breakfast Pizza, Yogurt, Strawberry Cup & Choice of Milk **6**

Lunch: *Grilled Cheese, Tomato Soup, Baby Carrots, Strawberry Cup & Choice of Milk

Breakfast: *Cinnamon Toast Crunch Muffin, String Cheese, Pineapple & Choice of Milk **7**

Lunch: *Pepperoni Pizza, Spinach Salad, Diced Pears & Choice of Milk (Ranch Cup)

Breakfast: *Tomados, Cheese Cubes, Oranges & Choice of Milk **8**

Lunch: *Walking Taco, Shredded Lettuce, Tomato, Mixed Berry Cup & Choice of Milk

Breakfast: *Mini Donuts, Yogurt, Apple & Choice of Milk **9**

Lunch: *Soft Pretzel, Cheese Cup, Green Beans, Yogurt, Apple Slices & Choice Of Milk

Breakfast: *Breakfast Sandwich, Mixed Berry Cup & Choice of Milk **12**

Lunch: *Chicken Patty on a Bun, *Cheese Puffs, Fresh Broccoli, Grapes & Choice of Milk

Breakfast: *Ham & Cheese Omelet, *Buttered Toast, Pineapple & Choice of Milk **13**

Lunch: *Nachos, Shredded Lettuce, Salsa Cup, Diced Pears & Choice of Milk

Breakfast: Chocolate Chip Muffin, Yogurt, Apple & Choice of Milk **14**

Lunch: *Cheese Bosco Sticks, Mixed Greens, Mixed Fruit & Choice of Milk (Marinara Cup)

Breakfast: *Breakfast Burrito, Apple Slices & Choice of Milk **15**

Lunch: *Macaroni & Cheese, Garlic Bread Stick, Green Beans, Diced Pears & Choice of Milk

Breakfast: *Benefit Bar, Cheese Cubes, Diced Pears & Choice of Milk **16**

HALF DAY

Breakfast: *Mini Pancakes, Sausage, Mandarin Oranges & Choice of Milk **19**

Lunch: *Teriyaki Dippers, Brown Rice, Steamed Broccoli, Mixed Fruit & Choice of Milk

Breakfast: *Tomados, Yogurt, Mixed Fruit & Choice of Milk **20**

Lunch: *Chicken & Dumplings, Dinner Roll, Green Peas, Pineapple & Choice of Milk

Breakfast: *Cocoa Bread, String Cheese, Diced Pears & Choice of Milk **21**

Lunch: *Hot Dog on a Bun, Baked Beans, Chez-Its, Grapes & Choice of Milk

Breakfast: * French Toast Sticks, Sausage Patty, Pineapple & Choice of Milk **22**

Lunch: *Hamburger/ Cheeseburger on a Bun, Oven Baked Fries, Diced Pears & Choice of Milk

Breakfast: *Strawberry Danish, Yogurt, Diced Peaches & Choice of Milk **23**

Lunch: Pizza Lunchable, Carrot Sticks, Oranges & Choice of Milk (Ranch Cup)

Breakfast: *Chocolate Chip Oatmeal Bar, String Cheese, Applesauce & Choice of Milk **26**

Lunch: *Pepperoni Pizza, Mixed Greens, Mixed Berry Cup & Choice of Milk

Breakfast: *Pancake on a Stick, Mixed Fruit Cup & Choice of Milk **27**

Lunch: *Ham & Cheese Calzone, Baked Cheetos, Cucumber Slices, Pineapple & Choice of Milk

Breakfast: *Triple Berry Crunch Bar, Yogurt, Apple Slices & Choice of Milk **28**

Lunch: *Chicken Alfredo, Garlic Bread, Steamed Broccoli, Strawberry Cup & Choice of Milk

Breakfast: *Sausage Cheese Biscuit, Tropical Fruit Cup & Choice of Milk **29**

Lunch: *Popcorn Chicken Bowl, Dinner Roll, Corn, Diced Peaches & Choice of Milk

Breakfast: *Mini Donuts, Yogurt, Apple & Choice of Milk **30**

NO SCHOOL
Teacher Training Day

* = Whole Grain

The menu is subject to change without notice.

If your student has food allergies, please contact Jenna as soon as possible.

HURON PRIDE!!

Jenna Vekaryasz,
Food Service Supervisor
(989)734-9164
jenna.vogelheim@rcashurons.org

Rogers City Area Schools is an equal opportunity provider.

