

# HEAD START MENU

## ROGERS CITY AREA SCHOOLS

### BREAKFAST

#### MONDAY

\*WG Breakfast Pizza  
String Cheese  
Cinnamon Applesauce  
1% White Milk

#### TUESDAY

Egg, Turkey sausage &  
Cheese \*WG Biscuit  
Fresh Pears  
1% White Milk

#### WEDNESDAY

\*WG Pancakes  
Turkey sausage Links  
Orange Smiles  
1% White Milk

#### THURSDAY

Cheese Omelet  
\*WG Buttered Toast  
Diced Peaches  
1% White Milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>WEEK #1</b>	*WG Pepperoni Pizza Tossed Salad, Cucumber Slices, Diced Pears, 1% White Milk, And Ranch Dressing	*WG Chicken Nuggets Mashed Potatoes, Corn, Applesauce, 1% White Milk And Ranch Dressing	*WG Soft Shell Tacos Refried Beans, Lettuce & Tomatoes, Red Grapes, Apples, Mild Salsa, 1% White Milk, And Ranch Dressing	BBQ Chicken Drumstick *WG Rice Pilaf, Steamed Broccoli, Strawberry Cup, 1% White Milk And Ranch Dressing
<b>WEEK #2</b>	Cheeseburger/Hamburger on a *WG Bun Oven Fries, Mixed Apples, 1% White Milk, Ranch Dressing, Ketchup & Mustard	Chicken Tenders Buttered Noodles, Green Peas, Oranges Smiles, And 1% White Milk	*WG Cheese Pizza Tossed Spinach Salad, Cucumber Slices, Pineapple, And 1% White Milk	Nachos Mixed Peppers, Tomatoes, Fresh Pears, Mild Salsa, And 1% White Milk
<b>WEEK #3</b>	*WG Chicken Patty Sandwich Potato Puffs, Lettuce & Tomatoes, Mixed Fruit, 1% White Milk, Ranch Dressing, Ketchup & Mayo	Macaroni & Cheese Tossed Salad, Green Beans, Diced Peaches, *WG Garlic Bread, 1% White Milk and Ranch Dressing	Pizza Lunchable *WG Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni, Baby Carrots, Strawberry Cup 1% White Milk and Ranch Dressing	Oven Baked Chicken Drumstick Sweet Corn, Potato Wedges, *WG Dinner Roll, Pineapple 1% White Milk and Ranch Dressing
<b>WEEK #4</b>	*WG Bosco Sticks Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, 1% White Milk and Ranch Dressing	All Beef Hot Dog on a Bun Baked Beans, Baked Cheetos, Pineapple, 1% White Milk, Ranch Dressing, Ketchup & Mustard	*WG Popcorn Chicken Mashed Potatoes, Corn, *WG Dinner Roll., Orange Smiles 1% White Milk and Ranch Dressing	Sloppy Joe on a *WG Bun Baked Chips, Cucumber Slices, Cinnamon Apple Slices, 1% White Milk and Ranch Dressing

Jenna Vekaryasz—Food Service Supervisor

734.9164

jenna.vekaryasz@rcashurons.org

**\*WG = Whole Grain**

Menu is subject to change without notice.

#### September

Week	M	T	W	T
#1			4	5
#2	9	10	11	12
#3	16	17	18	19
#4	23	24	25	26
#1	30			

#### October

Week	M	T	W	T
#1		1	2	3
#2	7	8	9	10
#3	14	15	16	17
#4	21	22	23	24
#1	28	29	30	31

#### November

Week	M	T	W	T
#2	4	5	6	7
#3	11	12	13	14
#4	18	19	20	21
#1	25	26		

# ELEMENTARY SCHOOL MENU

Jenna Vekaryasz—Food Service Supervisor ~ 734.9164 / jenna.vekaryasz@rcashurons.org

## ROGERS CITY AREA SCHOOLS

### BREAKFAST

#### MONDAY

\*WG Breakfast Pizza, Cherry or Apple Frudel, Yogurt, String Cheese, Cinnamon Applesauce, Orange Smiles, Craisins, 1% or Skim Milk

#### TUESDAY

Egg, Sausage & Cheese on a Biscuit, Yogurt Parfait with a Granola Bar, Fresh Fruit Cup, Raisins, Apple, Banana, 1% or Skim Milk

#### WEDNESDAY

Pancakes, Sausage Links, Breakfast Bosco Sticks, String Cheese, Yogurt, Cinnamon Applesauce, Pears, Orange Juice, 1% or Skim Milk

#### THURSDAY

Cheese Omelet with Buttered Toast, Breakfast Oatmeal Rounds with Yogurt, Craisins, Banana, Pear, Apple Juice, 1% or Skim Milk

#### FRIDAY

Pancake on a Stick, Blueberry Muffin, Yogurt, String Cheese, Orange Smiles, Strawberry Cup, Pear, Apple Juice, 1% or Skim Milk

\*WG = Whole Grain  
Salad Bar available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	Pepperoni Pizza Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Choice of Milk and Ranch Dressing	Chicken Nuggets Mashed Potatoes, Corn, Applesauce, Raisins, Choice of Milk, Ranch Dressing and BBQ Sauce	Soft Shell Tacos Refried Beans, Lettuce & Tomatoes, Mixed Fruit, Apples, Mild Salsa, Choice of Milk and Ranch Dressing	BBQ Chicken Drumstick, Rice Pilaf, Steamed Broccoli, Strawberry Cup, Fresh Pear, Choice of Milk and Ranch Dressing	Corn Dogs Tatar Tots, Celery Sticks, Apple Slices, Choice of Milk, Ranch Dressing, Ketchup and Mustard
WEEK #2	Cheeseburger/Hamburger, Oven Fries, Mixed Fruit, Apples, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayo	Chicken Tenders, Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup	Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Orange Smiles, Choice of Milk and Ranch Dressing	Nachos Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Choice of Milk and Ranch Dressing	Breakfast for Lunch Pancakes, Sausage Links, Hash Brown, Banana, Raisins, Choice of Milk & Syrup
WEEK #3	Chicken Patty Sandwich Potato Puffs, Lettuce, Tomato, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup & Mayo	Macaroni & Cheese Garlic Bread, Tossed Salad, Apple, Diced Peaches, Choice of Milk and Ranch Dressing	Pizza Lunchable Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni, Diced Pears, Choice of Milk & Ranch Dressing	Baked Chicken Drumstick Sweet Corn, Potato Wedges, Dinner Roll, Pineapple, Bananas, Choice of Milk & Ranch Dressing	Turkey Sliders on a Pretzel Bun, Sliced Turkey, Cheese, Celery Sticks, Gold Fish Crackers, Orange Smiles, Choice of Milk, Ranch Dressing, Mustard and Mayo
WEEK #4	Bosco Sticks, Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Choice of Milk and Ranch Dressing	Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Choice of Milk, Ranch Dressing, Mustard and Ketchup	Popcorn Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, Gravy, Dinner Roll, Strawberry Cup, Fresh Orange, Choice of Milk, and Ranch Dressing	Sloppy Joe on a Bun, Baked Chips, Cucumber Slices, Cinnamon Apple Slices, Choice of Milk and Ranch Dressing	Pretzel & Cheese, Yogurt, Green Beans, Diced Peaches, Banana, Choice of Milk and Ranch Dressing

**FREE REIMBURSABLE  
BREAKFAST & LUNCH  
SERVED DAILY**

Milk Only— \$ .50  
Adult Breakfast—\$2.30  
Adult Lunch—\$3.25

#### September

Week	M	T	W	T	F
#1			4	5	6
#2	9	10	11	12	13
#3	16	17	18	19	20
#4	23	24	25	26	27
#1	30				

#### October

Weeks	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	21	22	23	24	25
#1	28	29	30	31	

#### November

Week	M	T	W	T	F
#2	4	5	6	7	8
#3	11	12	13	14	15
#4	18	19	20	21	22
#1	25	26	27		

# MIDDLE SCHOOL MENU

Jenna Vekaryasz—Food Service Supervisor ~ 734.9164 / jenna.vekaryasz@rcashurons.org

Menu is subject to change without notice.

## ROGERS CITY AREA SCHOOLS

### BREAKFAST

#### MONDAY

\*WG Breakfast Pizza, Cherry or Apple Frudel, Yogurt, String Cheese, Cinnamon Applesauce, Orange Smiles, Craisins, 1% or Skim Milk

#### TUESDAY

Egg, Sausage & Cheese on a Biscuit, Yogurt Parfait with a Granola Bar, Fresh Fruit Cup, Raisins, Apple, Banana, 1% or Skim Milk

#### WEDNESDAY

Pancakes, Sausage Links, Breakfast Bosco Sticks, String Cheese, Yogurt, Cinnamon Applesauce, Pears, Orange Juice, 1% or Skim Milk

#### THURSDAY

Cheese Omelet with Buttered Toast, Breakfast Oatmeal Rounds with Yogurt, Craisins, Banana, Pear, Apple Juice, 1% or Skim Milk

#### FRIDAY

Pancake on a Stick, Blueberry Muffin, Yogurt, String Cheese, Orange Smiles, Strawberry Cup, Pear, Apple Juice, 1% or Skim Milk

**\*WG = Whole Grain**

Salad bar, al-a-cart & smart snacks available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	Pepperoni Pizza Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Choice of Milk and Ranch Dressing	Chicken Nuggets Mashed Potatoes, Corn, Applesauce, Raisins, Choice of Milk, Ranch Dressing and BBQ Sauce	Soft Shell Tacos Refried Beans, Lettuce & Tomatoes, Mixed Fruit, Apples, Mild Salsa, Choice of Milk and Ranch Dressing	BBQ Chicken Drumstick, Rice Pilaf, Steamed Broccoli, Strawberry Cup, Fresh Pear, Choice of Milk and Ranch Dressing	Corn Dogs Tatar Tots, Celery Sticks, Apple Slices, Choice of Milk, Ranch Dressing, Ketchup and Mustard
WEEK #2	Cheeseburger/Hamburger, Oven Fries, Mixed Fruit, Apples, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayo	Chicken Tenders, Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup	Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Orange Smiles, Choice of Milk and Ranch Dressing	Nachos Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Choice of Milk and Ranch Dressing	Breakfast for Lunch Pancakes, Sausage Links, Hash Brown, Banana, Raisins, Choice of Milk & Syrup
WEEK #3	Chicken Patty Sandwich Potato Puffs, Lettuce, Tomato, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup & Mayo	Macaroni & Cheese Garlic Bread, Tossed Salad, Apple, Diced Peaches, Choice of Milk and Ranch Dressing	Pizza Lunchable Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni, Diced Pears, Choice of Milk & Ranch Dressing	Baked Chicken Drumstick Sweet Corn, Potato Wedges, Dinner Roll, Pineapple, Bananas, Choice of Milk & Ranch Dressing	Turkey Sliders on a Pretzel Bun, Sliced Turkey, Cheese, Celery Sticks, Gold Fish Crackers, Orange Smiles, Choice of Milk, Ranch Dressing, Mustard and Mayo
WEEK #4	Bosco Sticks, Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Choice of Milk and Ranch Dressing	Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Choice of Milk, Ranch Dressing, Mustard and Ketchup	Popcorn Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, Gravy, Dinner Roll, Strawberry Cup, Fresh Orange, Choice of Milk, and Ranch Dressing	Sloppy Joe on a Bun, Baked Chips, Cucumber Slices, Cinnamon Apple Slices, Choice of Milk and Ranch Dressing	Pretzel & Cheese, Yogurt, Green Beans, Diced Peaches, Banana, Choice of Milk and Ranch Dressing

### PRICES

Breakfast.....	\$1.80
Breakfast Reduced..	\$.30
Breakfast Adult.....	\$2.30
Lunch.....	\$2.85
Lunch Reduced.....	\$.40
Lunch Adult.....	\$3.85
Milk Only.....	\$.50

### September

Week	M	T	W	T	F
#1			4	5	6
#2	9	10	11	12	13
#3	16	17	18	19	20
#4	23	24	25	26	27
#1	30				

### October

Weeks	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	21	22	23	24	25
#1	28	29	30	31	

### November

Week	M	T	W	T	F
#2	4	5	6	7	8
#3	11	12	13	14	15
#4	18	19	20	21	22
#1	25	26	27		

# HIGH SCHOOL MENU

Jenna Vekaryasz—Food Service Supervisor ~ 734.9164 / jenna.vekaryasz@rcashurons.org

Menu is subject to change without notice

## ROGERS CITY AREA SCHOOLS

### BREAKFAST

#### MONDAY

\*WG Breakfast Pizza, Cherry or Apple Frudel, Yogurt, String Cheese, Cinnamon Applesauce, Orange Smiles, Craisins, 1% or Skim Milk

#### TUESDAY

Egg, Sausage & Cheese on a Biscuit, Yogurt Parfait with a Granola Bar, Fresh Fruit Cup, Raisins, Apple, Banana, 1% or Skim Milk

#### WEDNESDAY

Pancakes, Sausage Links, Breakfast Bosco Sticks, String Cheese, Yogurt, Cinnamon Applesauce, Pears, Orange Juice, 1% or Skim Milk

#### THURSDAY

Cheese Omelet with Buttered Toast, Breakfast Oatmeal Rounds with Yogurt, Craisins, Banana, Pear, Apple Juice, 1% or Skim Milk

#### FRIDAY

Pancake on a Stick, Blueberry Muffin, Yogurt, String Cheese, Orange Smiles, Strawberry Cup, Pear, Apple Juice, 1% or Skim Milk

**\*WG = Whole Grain**

Salad bar, al-a-cart & smart snacks available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	Pepperoni Pizza Tossed Salad, Cucumber Slices, Fresh Fruit, Choice of Milk and Ranch Dressing	Chicken Nuggets Mashed Potatoes, Corn, Applesauce, Bananas, Choice of Milk, Ranch Dressing and BBQ Sauce	Tacos Refried Beans, Lettuce & Tomatoes, Red Grapes, Apples, Mild Salsa, Choice of Milk and Ranch Dressing	BBQ Chicken Drumstick, Rice Pilaf, Steamed Broccoli, Strawberry Cup, Apples, Choice of Milk and Ranch Dressing	Corn Dogs Tatar Tots, Celery Sticks, Apple Slices, Fresh Fruit Choice of Milk and Ranch Dressing
WEEK #2	Cheeseburger/Hamburger, Oven Fries, Mixed Fruit, Apples, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayo	Chicken Tenders, Buttered Noodles, Peas, Carrots, Diced Peaches, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup	Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Applesauce, Fresh Pears, Choice of Milk and Ranch Dressing	Nachos Mixed Peppers, Tomatoes, Fruit, Orange Smiles, Mild Salsa, Choice of Milk and Ranch Dressing	Sub Sandwich Ham or Turkey, Cheese, Lettuce, Tomato, Cheez-Its, Fresh Fruit, Choice of Milk and Ranch Dressing
WEEK #3	Chicken Patty Sandwich Potato Puffs, Lettuce, Tomato, Applesauce, Banana, Choice of Milk, Ranch Dressing, Ketchup & Mayo	Macaroni & Cheese, Garlic Bread, Tossed Salad, Diced Peaches, Apples, Choice of Milk and Ranch Dressing	Pizza Calzone, Mixed Greens, Baby Carrots, Strawberry Cup, Oranges, Choice of Milk, and Ranch Dressing	Baked Chicken Drumstick Sweet Corn, Potato Wedges, Dinner Roll, Pineapple, Fresh Pears, Choice of Milk & Ranch Dressing	Chili Cheese Dogs, Baked Beans, Green Pears, Mixed Berry Cup, Choice of Milk and Ranch Dressing,
WEEK #4	Bosco Sticks, Marinara Cup, Tossed Salad, Cauliflower, Sliced Apples, Bananas, Choice of Milk and Ranch Dressing	Hot Dog/ Brat, Baked Beans, Baby Carrots, Pineapple, Fresh Fruit, Choice of Milk and Ranch Dressing	Popcorn Chicken Bowls, Mashed Potato, Corn, Gravy, Dinner Roll, Strawberry Cup, Oranges, Choice of Milk and Ranch Dressing	Philly Sloppy Joe, Sautéed Onions and Peppers, Pepper Jack Cheese, Baked Chips, Choice of Milk and Ranch Dressing	Soft Pretzel & Cheese, Yogurt, Green Beans, Sliced Peaches, Fresh Fruit, Choice of Milk, Ranch Dressing

### PRICES

Breakfast.....	\$1.80
Breakfast Reduced..	\$.30
Breakfast Adult.....	\$2.30
Lunch.....	\$2.85
Lunch Reduced.....	\$.40
Lunch Adult.....	\$3.85
Milk Only.....	\$.50

### September

Week	M	T	W	T	F
#1			4	5	6
#2	9	10	11	12	13
#3	16	17	18	19	20
#4	23	24	25	26	27
#1	30				

### October

Weeks	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	21	22	23	24	25
#1	28	29	30	31	

### November

Week	M	T	W	T	F
#2	4	5	6	7	8
#3	11	12	13	14	15
#4	18	19	20	21	22
#1	25	26	27		

# ST. IGNATIUS SCHOOL LUNCH MENU

## ROGERS CITY AREA SCHOOLS

### September

Week	M	T	W	T	F
#1			4	5	6
#2	9	10	11	12	13
#3	16	17	18	19	20
#4	23	24	25	26	27
#1	30				

### October

Weeks	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	21	22	23	24	25
#1	28	29	30	31	

### November

Week	M	T	W	T	F
#2	4	5	6	7	8
#3	11	12	13	14	15
#4	18	19	20	21	22
#1	25	26			

**Lunch—\$2.60**  
*Reduced—\$.40*  
 Milk Only— \$.50  
 Adults—\$3.85

**\*WG = Whole Grain**  
**Salad Bar Available**

Menu is subject to change  
 without notice.

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pepperoni Pizza Tossed Salad, Cucumber Slices, Diced Pears, Orange Smiles, Choice of Milk and Ranch Dressing	Chicken Nuggets Mashed Potatoes, Corn, Applesauce, Raisins, Choice of Milk, Ranch Dressing and BBQ Sauce	Soft Shell Tacos Refried Beans, Lettuce & Tomatoes, Mixed Fruit, Apples, Mild Salsa, Choice of Milk and Ranch Dressing	BBQ Chicken Drumstick, Rice Pilaf, Steamed Broccoli, Strawberry Cup, Fresh Pear, Choice of Milk and Ranch Dressing	Corn Dogs Tatar Tots, Celery Sticks, Apple Slices, Choice of Milk, Ranch Dressing, Ketchup and Mustard
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheeseburger/Hamburger, Oven Fries, Mixed Fruit, Apples, Choice of Milk, Ranch Dressing, Ketchup, Mustard & Mayo	Chicken Tenders, Buttered Noodles, Green Peas, Carrots, Diced Pears, Oranges, Choice of Milk, Ketchup & BBQ Sauce Cup	Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Apple, Orange Smiles, Choice of Milk and Ranch Dressing	Nachos Mixed Peppers, Tomatoes, Diced Peaches, Fresh Pear, Mild Salsa, Choice of Milk and Ranch Dressing	Breakfast for Lunch Pancakes, Sausage Links, Hash Brown, Banana, Raisins, Choice of Milk & Syrup
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Patty Sandwich Potato Puffs, Lettuce, Tomato, Mixed Fruit, Banana, Choice of Milk, Ranch Dressing, Ketchup & Mayo	Macaroni & Cheese Garlic Bread, Tossed Salad, Apple, Diced Peaches, Choice of Milk and Ranch Dressing	Pizza Lunchable Pita Bread, Pizza Sauce, Mozzarella Cheese, Pepperoni, Diced Pears, Choice of Milk & Ranch Dressing	Baked Chicken Drumstick Sweet Corn, Potato Wedges, Dinner Roll, Pineapple, Bananas, Choice of Milk & Ranch Dressing	Turkey Sliders on a Pretzel Bun, Sliced Turkey, Cheese, Celery Sticks, Gold Fish Crackers, Orange Smiles, Choice of Milk, Ranch Dressing, Mustard and Mayo
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bosco Sticks, Marinara Cup, Tossed Salad, Green Peas, Mixed Berry Cup, Choice of Milk and Ranch Dressing	Hot Dog on a Bun, Baked Beans, Baby Carrots, Baked Cheetos, Pineapple, Choice of Milk, Ranch Dressing, Mustard and Ketchup	Popcorn Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn, Gravy, Dinner Roll, Strawberry Cup, Fresh Orange, Choice of Milk, and Ranch Dressing	Sloppy Joe on a Bun, Baked Chips, Cucumber Slices, Cinnamon Apple Slices, Choice of Milk and Ranch Dressing	Pretzel & Cheese, Yogurt, Green Beans, Diced Peaches, Banana, Choice of Milk and Ranch Dressing

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